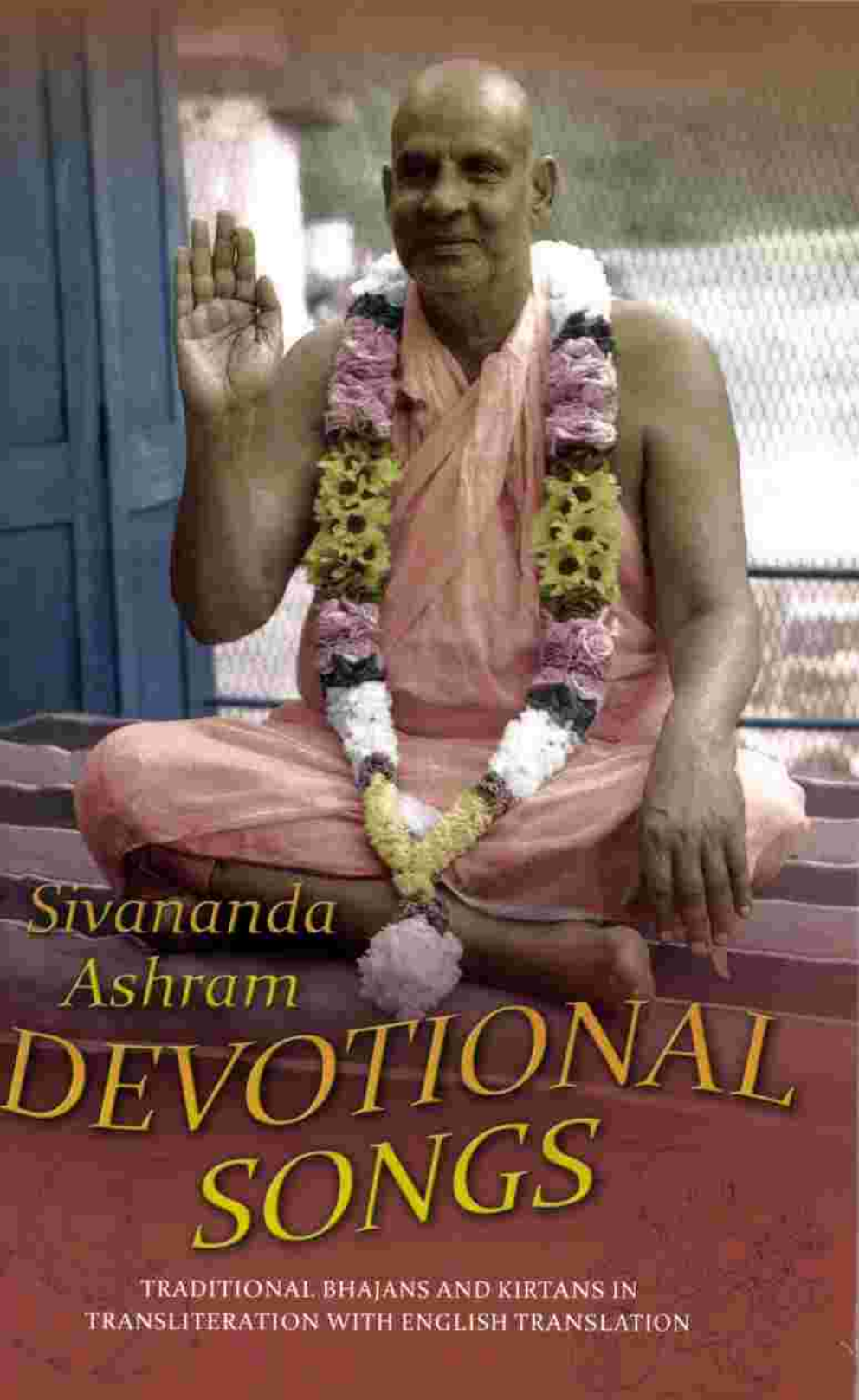


Sivananda Ashram DEVOTIONAL SONGS

TRADITIONAL BHAJANS AND KIRTANS IN
TRANSLITERATION WITH ENGLISH TRANSLATION



Sivananda Ashram Devotional Songs

Bhajans and Kirtans



Sivananda Ashram Devotional Songs

Bhajans and Kirtans

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Foreword

In this modern age, it is very difficult for people to practice austerities or Tapascharya. Over time man has degenerated physically and mentally. It is not easy for him to practice the demanding Yogas required by the spirituality of Sanathana Dharma. Modern man has no time for God. Knowing this, Sat Gurudev Sri Swami Sivanandaji Maharaj encouraged the practice of Sankirtan Yoga and the singing of Bhajans glorifying the many manifestations of the one omnipresent Divine Reality.

Sankirtan Yoga is the chanting of the Divine Name pouring forth from the hearts and minds of the lovers of God. 'Kirtan' comes from the root word Kirt, meaning to call, to repeat, to praise, to glorify. 'Bhajan' means devotional prayer or hymns set to music as well as worship or adoration of the Lord. The word 'Bhajan' comes from the root word Bhaj, meaning to worship, to serve, to honour.

Kirtans and Bhajans can be practised both individually and collectively. All modern Saints have encouraged this Yoga. During his travels all over India, Sat Gurudev Sri Swami Sivanandaji Maharaj conducted many Sankirtan Sammelons, which is the singing of Bhajans and Kirtans among large groups of devotees.

Our ancients knew that the easiest way to progress on the spiritual path is to repeat the Divine Name. Constant repetition of the Divine Name brings about purification of the mind; and when heart and mind are purified, peace arises.

The original prototype of this book, entitled *Inspiring Songs and Kirtans*, was written by Sat Gurudev Sri Swami Sivanandaji Maharaj in 1943. It contained a collection of inspiring and instructive songs written by Gurudev himself. Revered Sri Swami Chidanandaji Maharaj later made some additions and also greatly propagated the chanting

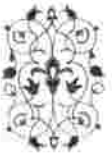
and repetition of the Name of God wherever he went. Over the years certain Bhajans, often repeated by Revered Sri Swami Chidanandaji Maharaj, became dearly loved. The present book is a compilation of those songs, the traditional and favourite Bhajans and Kirtans that have been sung at Sivananda Ashram in Rishikesh since Gurudev's time.

I want to specially thank Sri Swami Divyabhavananda Mataji and Sri Suchita Lusardi Mataji for having given so much of their time and combined effort to bring about this new book of Devotional Songs and also the many residents of the Ashram and devotees, near and far, who provided invaluable assistance translating the songs into English and giving other helpful service and advice, especially His Holiness Sri Swami Hamsanandaji Maharaj, Sri Swami Devabhaktanandaji, Sri Swami Akhilanandaji, Sri Swami Shivashritananda Mataji, Sri Choudhury Gourahari Mishra, Cristina Capello, Shanta Subba Rao Mataji, Neelmani Khaturia, Liliana Vinaya Mataji and Alan Neachell. Our special thanks goes to Dr. T. V. Vasudeva Dharmadhikari, Deputy Director of the Kuppuswami Shastri Research Institute, Chennai, for his guidance in all matters concerning the transliteration and translation of the Sanskrit Devanagari script.

May the benedictions of Sat Gurudev ever be upon them all and upon all those who aspire to glorify God through the chanting of the Divine Name.

Swami Vimalananda
President
The Divine Life Society

Sivananda Ashram
Sri Skanda Shashthi
1st November 2011



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Phonetic Pronunciation Guide

This song book is intended for devotees without scholarly training in Sanskrit and Hindi, so that they can participate easily in the singing during the Satsangas at Sivananda Ashram. We have tried to make the transliteration as helpful as possible, while trying at the same time to respect the languages involved. The spelling is based on phonetics, on how each sound is articulated while singing. Of particular concern to foreigners is the need to indicate the presence of a very soft "a" usually at the end of Hindi words when it is slightly articulated. In such cases, we have added an "a" in order that the rhythm of the song is maintained. Similarly, in Hindi songs we use the letter "ṛ" to represent a sound more like the English "r" to the Western ear, rather than the conventional "ḍ".

Long-vowel sounds are indicated by an upper stroke - **Ā ā Ī ī Ū ū**.

The letter **ṅ** indicates a "half-n" sound and signifies that the preceding vowel is nasalized (partially said through the nose).

The letter **ḥ** indicates a preceding vowel that is aspirated (or breathed) a little more than normally.

In the following list, some examples of English words are given that approximate the corresponding Sanskrit or Hindi sounds.

SHORT VOWELS

a	ago
e	get
i	it
o	law
u	put
ṛi	rhythm

LONG VOWELS

ā	car
ī	bead
ū	pool
ai	high
au	how
ei	May
ou	goal

CONSONANTS

b	but
bh	club-house
ch	chunk
chha	catch him
ḍ	dart
d	though
ḍh	aspirated *ḍa*
dh	adhere
g	gaga
gh	log-hut
ḥ	aspiration of preceding vowel
h	hum
j	John
jh	hedgehog
k	skin
kh	coat
l	luck
m	mother
ṇ	under
n	numb
ṅ	sing
ñ	banyan
ṃ	game
ň	nasalization of previous vowel
p	tape
ph	pot
r	drama
ṛ	somewhat like worry
ṛh	aspirated *ṛ*
s	saga
ṣh	bushel
śh	shove
ṭ	table
t	pity
ṭh	anthill
th	take
v	in between wile and vile
y	young



Preface

The depth of Bhava (*devotion*), abundance of faith, sincerity of purpose, and loving contemplation on the Lord may lead to the outpouring of our devotion in a musical form. It is a very powerful form of prayer in the Bhakti Yoga tradition. Depending on the depth of devotion and love felt by the devotee when immersed in sacred chanting, enriching spiritual experiences can occur. The Omnipresent, Omnipotent, Omniscient Lord, Who is One without a second, Who is all-pervading, present within and without in every nook and corner of the entire cosmos, out of compassion for his most deserving devotees has on several occasions revealed Himself, assuming the form most loved by them.

Gurudev has said, "By prayer a connection is established between the devotee and God, a channel is made for the flow of divine grace and blessings from God to the devotee."

The sincere devotees of the Lord who have taken great pains to compile this book along with editing have done a great service to most worshipful Sri Gurudev. May the choicest blessings of Sri Gurudev be showered upon them! May the singing of these Bhajans and Kirtans serve to unite the entire Sivananda Parivar (family) throughout the world.

Hari Om Tat Sat

Choudhury Gourahari Mishra

Sivananda Ashram
Vijaya Dashami



ॐ

GURUDEV SWAMI SIVANANDAJI MAHARAJ was the Founder and President of the Divine Life Society from the year of its establishment in 1936 until his Mahasamadhi in 1963. He never left his beloved India, except when serving as a doctor in Malaysia as a young man. Yet, today his name is loved and respected in every country in the world. He was a beacon of light, a spiritually illumined soul who was born to give the message of spiritual life to thousands all over the globe. Even now, after almost five decades of his merging in the Supreme, seekers continue to heed his call and endeavour to follow his teachings.

In his unique desire to make others happy, Revered Gurudev decided to share his divine treasure of wisdom with anyone eager to listen. He did it out of compassion for all humanity, not only of his time, but of the times to come. What a great soul! He was thinking of us even before our birth!

He wrote hundreds of books with such love that anyone reading them can feel that someone very near and dear is talking to them personally telling, "*Do this, do that, my child, you will enjoy perennial happiness.*"

Our beloved Gurudev was generous beyond measure. The only way to show our gratitude is to sincerely make his teachings our own and allow them to take us to the Supreme Abode. That would surely fill his cup of joy to overflowing!

May his blessings ever be upon us!

Gurudev Shri Swami Sivanandaji Maharaj



Oṃ Namo Bhagavate Śhivānandāya.

Om! Obeisance to Lord Sivananda.

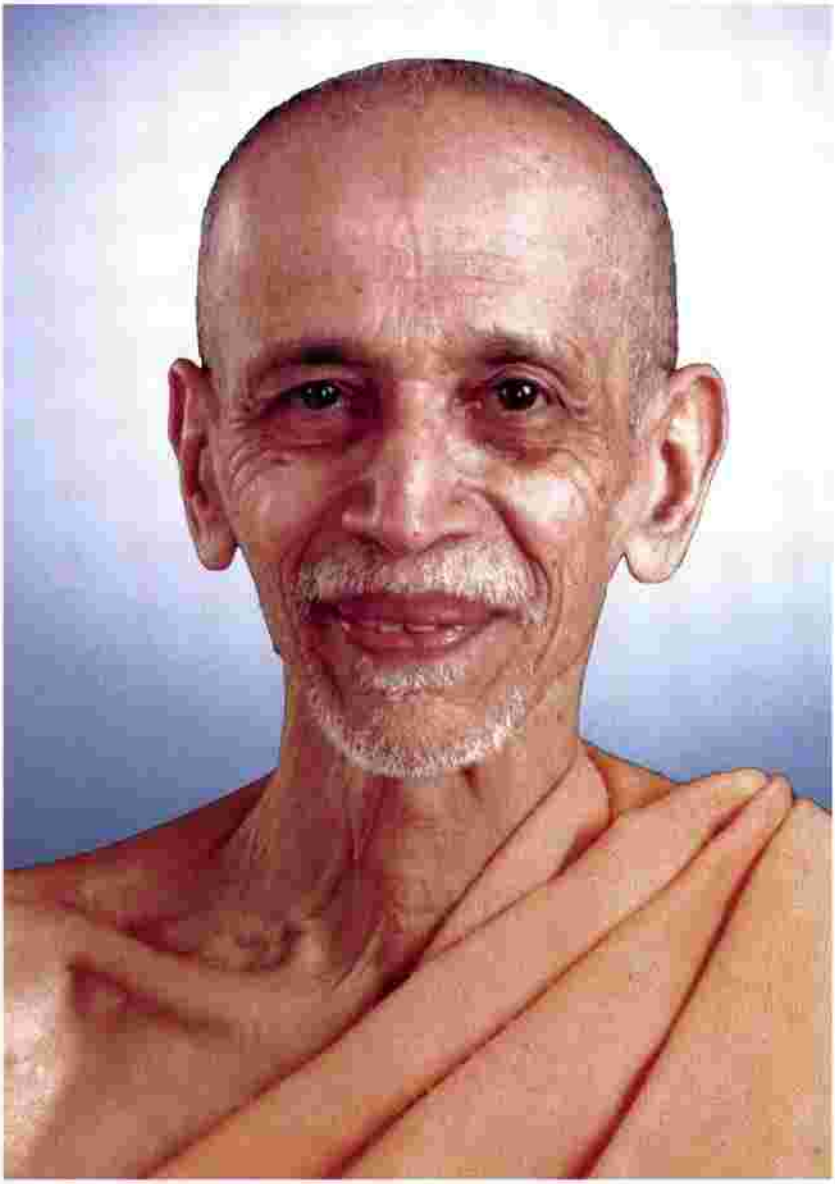
ॐ

His Holiness Shri Swami Chidanandaji Maharaj served as the esteemed President of The Divine Life Society from 1963 until his Mahasamadhi in August 2008. His entire life was totally consecrated to continuing Gurudev Shri Swami Sivanandaji's spiritual mission. This kept him engaged day and night in teaching, training, guiding, encouraging, consoling, helping, and transforming the lives of innumerable individuals around the world, from all walks of life, and bringing about a spiritual awakening in the hearts of thousands. In his radiant presence, one heard the timeless call to liberation.

Swamiji embodied the eternal truths of the ancient Rishis of Vedic times blended perfectly with the teachings of Lord Buddha and Jesus Christ. In the West he was known as Saint Francis of India, because his humility and tender-hearted love extended not only to all persons great and small, but to all animals, birds, insects and plants. He championed caring for the environment, because he revered the Earth, indeed the whole Cosmos, as Divinity in manifest form. Swamiji never tired of reminding us that this human birth is a precious gift, not to be wasted, but to be used to draw nearer to God with every breath, every thought, every word, every action.

May his blessings ever be upon us!

Shri Swami Chidanandaji Maharaj



Oṃ Namo Nārāyaṇāya

Om! Prostrations to Lord Narayana.

ॐ

REVERED SHRI SWAMI KRISHNANANDAJI MAHARAJ was the General Secretary of the Divine Life Society for nearly forty years. He was one among the brilliant disciples of the Master. Gurudev Shri Swami Sivanandaji Maharaj used to call him our 'Dakshinamurti' and 'Shankaracharya'. Swami Krishnanandaji was a Sage of towering wisdom and insight. He was a Master of practically every system of Indian and Western philosophy. He was an adept in Raja Yoga (the yoga of meditation) and an illustrious exponent of Vedanta (the ancient wisdom teachings of the Upanishads).

In him, work and wisdom enjoyed a harmonious blend. His total, dynamic involvement in daily activities as General Secretary of the Society and as revered Guru to many seeking souls was truly inspiring! His books constitute the invaluable legacy he left behind to the entire spiritual world. To read his books, the majority of which are the outcome of his extemporaneous discourses, is to set oneself in tune with the Ultimate Reality.

May his blessings ever be upon us!

Shri Swami Krishnanandaji Maharaj



Oṃ Namo Bhagavate Vāsudevāya.

Om! Prostrations to Lord Vasudeva (Krishna).



SHLOKAS

Oṃ Namaḥ Śhivāya Gurave, Sach-chid-ānanda Mūrtaye,
Niṣhprapañchāya Śhāntāya, Nirālambāya Tejase.

Prostrations to the Guru Shiva, who is an embodiment of Existence-Consciousness-Bliss, who is beyond world-consciousness, ever peaceful, without any support and luminous like the sun.



Gurur-brahmā Gurur-viṣhṇur-gurur-devo Maheśhvaraḥ,
Guruḥ Sākṣhāt Paraṃ Brahma Tasmai Śhrī-gurave Namaḥ.

Prostrations to that revered Guru, Who is himself Brahma (the Creator), Vishnu (the Preserver) and Maheswara (Shiva, the Dissolver), and Who is verily the Supreme Absolute itself.



Na Guror-adhikaṃ Tattvaṃ Na Guror-adhikaṃ Tapaḥ,
Na Guror-adhikaṃ Jñānaṃ Tasmai Śhrī-gurave Namaḥ.

There is no greater truth than the truth concerning the Guru, no greater purificatory action than devotion and service to the Guru, no higher wisdom than the wisdom of the Guru. My prostrations to Shri Gurudev.



Man-nāthaḥ Śhrī-jagan-nāthaḥ Mad-guruḥ Śhrī-jagad-guruḥ,
Mamātmā Sarva-bhūtātmā Tasmai Śhrī-gurave Namaḥ.

I prostrate to that Shri Guru Who is my Lord and the Lord of the entire universe, Who is my Guru, the world Teacher, and the Indweller in me and all living beings.



Ānandam-ānanda-karaṃ Prasannaṃ
Jñāna-svarūpaṃ Nija-bodha-yuktaṃ,
Yogīndramīḍyaṃ Bhava-roga-vaidyaṃ
Śhrimad-guruṃ Nityam-ahaṃ Namāmi.

I prostrate to that Guru
Who is the bestower of the highest Bliss, Who is always gracious,
Whose own nature is knowledge, Whose consciousness is always absorbed in the Self, Who is the highest among the Yogis and is worshipful.
He is the physician for the disease of worldly existence.

Maṅgalaṃ Yogi-varyāya Mahanīya-guṇābdhaye,
Gaṅgā-tīra-nivāsāya Śhivānandāya Maṅgalam.

Auspiciousness be to the chief of Yogis,
Who is an ocean of the greatest qualities,
Who lives on the banks of the Ganges,
To that Sivananda may there be auspiciousness.

Selected Songs of Shri Swami Sivanandaji



Gurudev's voice, what a wonderful voice it was! It was the voice of the eternal universal Heart, overflowing with inspiration, joy, peace, strength and purity. It was a voice that spoke directly to the soul. Like the musical vibrations of the flute of Lord Krishna, it penetrated the heart awakening reverence and divine love.

SERVE, LOVE, GIVE

(Song of Divine Life)

Hare Rāma Hare Rāma Rāma Rāma Hare Hare
Hare Kṛiṣhṇa Hare Kṛiṣhṇa Kṛiṣhṇa Kṛiṣhṇa Hare Hare.

Serve, love, give, purify, meditate, realise.
Be good, do good, be kind, be compassionate.

Sevā, Bhakti, Dhyāna, Dvārā Sākṣhātkār Pāvo;
Bhale Bano, Bhala Karo, Dayālu Bano.

Practise Ahiṃsā (*non-injury*), Satyam (*truthfulness*) and Brahmacharya (*purity*).
This is the foundation of Yoga and Vedanta.

Practise Non-injury, Truth and Purity.
This is the essence of religion and spirituality.

Enquire, 'Who am I?' Know thyself and be free.
Enquire, 'Who am I?' Know thyself and be free.
You are not this body, not this mind, Immortal Self you are.
You are not this body, not this mind, Immortal Ātman (*Self*), Radiant Atman!

Realise this and be free!
This is your duty, foremost duty.
Therefore do it now, do not postpone.
Lead the Divine Life.
So says Gurudev.

Hare Rāma Hare Rāma Rāma Rāma Hare Hare
Hare Kṛiṣhṇa Hare Kṛiṣhṇa Kṛiṣhṇa Kṛiṣhṇa Hare Hare.

SERENITY, REGULARITY, ABSENCE OF VANITY

(Song of Eighteen "Ities")

Serenity, Regularity, Absence of Vanity,
Sincerity, Simplicity, Veracity,
Equanimity, Fixity, Non-irritability,
Adaptability, Humility, Tenacity,
Integrity, Nobility, Magnanimity,
Charity, Generosity, Purity.
Practice daily these eighteen "Ities",
You will soon attain Immortality.

Brahman (*the Supreme*) is the only real Entity.
Mr. So-and-so is a false non-entity.
You will abide in infinity and eternity.
You will behold unity in diversity.
You cannot attain this in the University.
By the grace of Guru you can attain immortality!

Śhrī Rām Jay Rām Jay Jay Rām Om.
Śhrī Rām Jay Rām Jay Jay Rām.



IS THERE NOT A NOBLER MISSION?

(Song of Admonition)

Hare Rāma Hare Rāma Rāma Rāma Hare Hare,
Hare Kṛiṣhṇa Hare Kṛiṣhṇa Kṛiṣhṇa Kṛiṣhṇa Hare Hare.

O my Jesus, O Lord Jesus, Hail Hail Jesus, O Father, Father!
O my Mary, O Virgin Mary, Hail Hail Mary, O Blessed Mother!
O my Buddha, O Lord Buddha, Hail Hail Buddha, O Tathagata!
O my Allāḥ, O Lord Allāḥ, Hail Hail Allāḥ, O Khuda, Khuda!
O my Śhakti, O Ādi Śhakti, Hail Hail Śhakti, O Divine Mother!

Is there not a nobler mission than eating, drinking and sleeping?
It is difficult to get a human birth; therefore try your best to realize in this birth.
Fie on that wretch! Woe to that man who wastes all his life in sensual pleasures.
Time sweeps away kings and barons.

Where is Yudhiṣṭira? Where is Aśhoka?
Where is Vālmiki? Where is Shakespeare?
Where is Śhivājī? Where is Napoleon?
Where is Gandhijī? Where is Jinna?

What have you learnt, tell me frankly, from the two great Global Wars?
Have you got now real Vairāgya? Do you practise Japa and Meditation?
Have you practised Japa and Meditation?
Have you practised Brahma Vichār (*inquiry into the nature of truth*)?

How can you expect real Śhanti if you waste your time in idle gossiping?
In scandal, back-biting, in novels, newspapers, in fights and quarrels?

How can you expect real peace of mind if you waste your time
In cards and smoking, in cinema and restaurants, in radio television?

When your throat is choked at the time of death,
Who will help you for your salvation?

Therefore, be up and doing in Yogic Sādhana (*spiritual practice*).
You will enjoy Supreme Bliss.
Be up and doing in Brahma Vichār, you will attain immortality.

Hare Rāma Hare Rāma Rāma Rāma Hare Hare
Hare Kṛiṣhṇa Hare Kṛiṣhṇa Kṛiṣhṇa Kṛiṣhṇa Hare Hare.

HE WHO DWELLS IN THE HEARTS OF BHAKTAS

(Song of Salutation)

Rāma Rāma Rāma Rāma - Rāma Rāma Rāma Rāma.
Śhrī Rāma Jaya Jaya Rāma - Rāma Rāma Sītā Rāma.

He who dwells in the hearts of *Bhaktas* (*devotees*),
He who destroyed Laṅkā Rāvaṇa,
He who ate the fruits of Śhabarī,
To Him I give my salutations.

He who dwells in the Brindāvan Dhāma,
He who destroyed the wicked Kaṃsa,
He who ate the grains of Sudāma,
To Him I give my salutations.

He who dwells in the Mount of Kailāsh,
He who is called Tripurāri,
He who drank the cup of poison,
To Him I give my salutations.

He who combined four parts of nitrogen
With one part of oxygen gas,
He who divided the seasons,
To Him I give my salutations.

He who dwells in Ānanda Kuṭīr,
He who is Swāmī Śivānanda,
He who is our beloved Gurudev,
To Him I give my salutations.



GET UP AT 4 A.M.

(Song of Instructions)

Rādhe Govinda Bhajo Rādhe Govinda
Rādhe Govinda Bhajo Sītā Govinda.

Get up at 4 a.m. Brahma-muhūrta (*the two hours before sunrise*),
Get up at 4 a.m. Japo (*recite*) 'Rām, Rām',
Get up at 4 a.m. Do Brahma Vichār (*enquiry of Truth*).
Get up at 4 a.m. Enquire, 'Who am I?'
Get up at 4 a.m. Practise Yogābhyāsa (*practice of yoga*).

Observe Mauna (*silence*) daily for two hours,
Fast on Ekādaśhī, take milk and fruit.
Study daily one chapter of Gītā.
Do regular charity, one-tenth one's income.
Rely on your own self, give up servants.
Do Kirtan at night, have Satsaṅga (*spiritual gatherings*).

Speak the truth at all costs, preserve Vīrya (*seminal energy*),
Satyam Vada, Dharman Chara, observe Brahmacharya.
(*Speak the truth, do good, observe celibacy.*)
Ahimsā Paramo Dharma (*Harmlessness is the highest truth*),
love one and all.
Never hurt another's feelings, be kind to all.
Control anger by Kṣhamā (*forgiveness*), develop Viśhva Prem (*divine love*),
Keep daily spiritual diary, you will evolve quickly.
Hare Kṛiṣhṇa, Hare Rāma, Rādhe Govinda.

COME HERE MY DEAR

(Song of Krishna Kanhai)

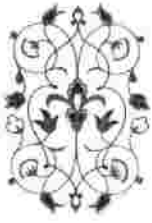
Come Here My Dear Kṛiṣhṇa Kanhāī
Meiň-ne Tere Liye Hṛidaya Andara *Building* Banāī. *Come...*
Come here, my dear Krishna Kanhāī! (my Beloved).
I have made a home for You in my heart.

Tere Liye Bahuta Sārā Khānā Banāī
Dūdha Dahī *Butter* Miśhrī Sārā Maṅgāī. *Come...*
So many items of food I have prepared for You!
Milk, curd, butter and sweet sugar candy are also there.

Come Soon Come Soon Kṛiṣhṇa Kanhāī
Meiň-ne Tere Liye Hṛidaya Andara *Building* Banāī. *Come...*
Come soon, come soon! O Krishna Kanhāī!
I have made a home for You in my heart.

Tere Liye Roja Roja Āṃsu Bahāī
Come To My House, Tujhe Ārati Dikhāūň. *Come...*
I have shed tears for You day after day.
Come to my house! I shall worship You with waving lights.

Why Late, So Late, Karate Kanhāī
Meiň-ne Tere Liye Hṛidaya Andara *Building* Banāī. *Come...*
Why are You late, so late, my Krishna?
I have made a home for You in my heart.



CHIDANAND CHIDANAND CHIDANANDA HUŇ

(Song of Chidananda)

Chidānand Chidānand Chidānanda Hūň
Hara Hāla Meň Alamasta Sach-chid-ānanda Hūň. (1)
I am Knowledge-Bliss Absolute...!
In all conditions, I am carefree Existence-Knowledge-Bliss Absolute!

Ajarānand Amarānand Achalānanda Hūň
Hara Hāla Meň Alamasta Sach-chid-ānanda Hūň. (2)
I am unchanging, immortal and motionless Bliss.
In all conditions, I am carefree Existence-Knowledge-Bliss!

Nirbhaya Aur Niśhchinta Chid-ghanānanda Hūň
Kaivalya Kevala Kūṭastha Ānanda Hūň.
Nitya Śhuddha Siddha Sach-chid-ānanda Hūň (3)
I am free from fear and worries, I am the Blissful Atman,
The Absolute Oneness, the Kutastha (the changeless Self), Bliss Absolute!
Eternally Pure and Perfect, Existence-Consciousness-Bliss Absolute!

Knowledge-Bliss Knowledge-Bliss, Bliss Absolute!
In all conditions I am Knowledge-Bliss Absolute!
I am without old age, without death, without motion.
In all conditions I am Knowledge-Bliss Absolute. (4)

I am without fear, without worry, Bliss Absolute,
Existence Absolute, Knowledge Absolute,
Independent, unchanging, non-dual Atman,
Immortal Atman, Advaita Atman.
Eternal, pure, perfect, Knowledge-Bliss Absolute. (5)

Chidānand Chidānand . . .



GOD IS TRUTH

(Song of Govinda)

Rāma Kṛiṣhṇa – Govinda, Rādhe Kṛiṣhṇa – Govinda
Gopāla Kṛiṣhṇa – Govinda, Kṛiṣhṇa Kṛiṣhṇa – Govinda

God is Truth – Govinda, God is Bliss – Govinda
God is Peace – Govinda, God is Knowledge – Govinda
God is Love – Govinda, God is Light – Govinda

Control the mind – Govinda, Control the senses – Govinda
Realise the Self – Govinda, This is the teaching – Govinda
Of all the Vedas – Govinda, Of all the scriptures – Govinda

The goal of life – Govinda, Is God-realisation – Govinda
Never forget this – Govinda, Attain this – Govinda
Through faith and devotion – Govinda
Through meditation – Govinda
Through Śhravaṇa Manana (*hearing, reflection*) – Govinda
Through Tapas Yoga (*austerity, meditation*) – Govinda
Through Mantra writing – Govinda
Through Likhit Japa (*mantra writing*) – Govinda
Through selfless service – Govinda
Through Vivek, Vichār (*discrimination, reflection*) – Govinda

Practise Ahiṃsā (*non-injury*) – Govinda, Speak the truth – Govinda
Control anger – Govinda, Through Kṣhamā (*forgiveness*) – Govinda
Observe Brahmacharya (*purity, celebacy*) – Govinda
Observe Mauna – Govinda

Serve, love, give – Govinda, Serve the poor – Govinda
Serve the parents – Govinda, Nurse the sick – Govinda
Do charity – Govinda, Be kind, be pure – Govinda
Be good, do good – Govinda, Be cheerful – Govinda
Be courageous – Govinda, Be tolerant – Govinda

Be patient – Govinda, Be forgiving – Govinda
Be liberal – Govinda, Be moderate – Govinda
In eating, drinking – Govinda
In sexual matters – Govinda
In everything – Govinda

Be regular – Govinda, Get up at 4 a.m. – Govinda
Brahmamuhūrta (*4-6 a.m.*) – Govinda
Enquire, "Who am I?" – Govinda
Do Vichāra (*inquiry into the nature of Truth*) – Govinda
This is very important – Govinda
To attain success – Govinda

Study daily – Govinda, Gītā, Upaniṣhads – Govinda
This will help you – Govinda
To realise the Self – Govinda

Do not smoke – Govinda, Do not drink – Govinda
Do not speak – Govinda, Vulgar words – Govinda

Do not take bribes – Govinda, This is bad – Govinda
This is very bad – Govinda
This is very very bad – Govinda
It will spoil – Govinda, Your name, character – Govinda
This will throw you – Govinda, In lower births – Govinda

To have a bad name – Govinda
Is more than death – Govinda
It is very shameful – Govinda, It is disgraceful – Govinda
It is ignominous – Govinda, It is heaven-closing – Govinda

Time is precious – Govinda, Do not waste a second – Govinda
Utilise it – Govinda
In Japa, Kirtan (*chanting & singing the Names of God*) – Govinda
In meditation – Govinda
Govinda Govinda Govinda Govinda.

I AM NEITHER MIND NOR BODY

(Song of Advaita)

Bhajo Rādhe Kṛiṣhṇa Bhajo Rādhe Śhyāma,
Bhajo Sītā Rāma, Bhajo Siya Rāma.
So'ham, So'ham, So'ham, Śhivo'ham
OM OM OM OM OM OM - OM OM OM OM OM OM.

Worship Radha and Krishna, worship Radha and Shyama (Krishna),
Worship Sita and Rama, worship Siya (Sita) and Rama.
I am He, I am He, I am He, I am Shiva!
Om, Om, Om ....

I am neither mind nor body! Immortal Self I am!
I am witness of three states! Existence Absolute!
I am witness of three states! Knowledge Absolute!
I am witness of three states! Bliss Absolute!
Bhajo Rādhe Kṛiṣhṇa...

Nothing exists! Nothing belongs to me!
I am not this body! This body is not mine!
I am not this Prāṇa (*vital force*)! This Prāṇa is not mine!
I am not this mind! This mind is not mine!
I am not this Buddhi (*intellect*)! This Buddhi is not mine!
I am THAT I AM! I am THAT I AM! So'ham So'ham ...

EARTH, WATER, FIRE, AIR AND ETHER IS RAM

(Song of the Immanence of Ram)

Śhrī Rām Jay Rām Jay Jay Rām Om.
Śhrī Rām Jay Rām Jay Jay Rām.

Earth, water, fire, air and ether is Rām,
In heart, mind, Prāṇa and senses is Rām,



In the brain, blood, nerves and
muscles is Rām,
In sentiment, thought, word and
action is Rām.
Śhrī Rām Jay Rām ...

Within is Rām, without is Rām, in
front is Rām,
Above is Rām, below is Rām, behind
is Rām,
To the right is Rām, to the left is
Rām, everywhere is Rām,
Without is Rām, within is Rām,
Pūrṇam (*the Fullness*) is Rām.
Śhrī Rām Jay Rām ...

Truth is Rām, wisdom is Rām, bliss is Rām,
Peace is Rām, power is Rām and light is Rām,
Love is Rām, mercy is Rām, beauty is Rām,
Bliss is Rām, joy is Rām, purity is Rām.
Śhrī Rām Jay Rām ...

Refuge, solace, path, Lord, witness is Rām,
Father, mother, friend, relative, guru is Rām,
Support, source, centre, ideal, goal is Rām,
Creator, preserver, destroyer, redeemer is Rām.
Śhrī Rām Jay Rām ...

The goal ultimate of one and all is Rām,
Attainable through faith, love, worship is Rām,
Accessible to devotion and surrender is Rām,
Approachable by prayer, Japa (*repetition of a holy Name*) and Kīrtan
(*singing of God's Name*) is Rām,
Adorations to Ram, salutations to Rām, prostrations to Rām.
Śhrī Rām Jay Rām ...

APADBANDHAVA NARAYANA

(Song of Sadashiva Narayana)

Āpad-bāndhava Nārāyaṇa, Anātha Rakṣhaka Sadāśhiva,
Dīna-bandhu Nārāyaṇa, Dīna-nātha Sadāśhiva. (1)

Narayana (the Refuge of everyone)! You are the Friend of the afflicted!
O Sadashiva (the Eternal Shiva)! You are the Protector of the helpless!
O Narayana, You are the Friend of the poor!
O Sadashiva! You are the Protector of the unfortunate!

Patita Pāvana Nārāyaṇa, Patitoddhāra Sadāśhiva,
Vaikuṇṭha Vāsa Nārāyaṇa, Kailāsa Vāsa Sadāśhiva. (2)

Narayana! You are the Redeemer of the sinner!
O Sadashiva! You are the Uplifter of the fallen!
O Narayana! You are the Dweller of Vaikuntha!
O Sadashiva! You are the Dweller of Kailasa!

Garuḍa Vāhana Nārāyaṇa, Nandi Vāhana Sadāśhiva,
Chakra-pāṇi Nārāyaṇa, Triśhūla-pāṇi Sadāśhiva. (3)

Narayana! Whose vehicle is the eagle Garuda!
O Sadashiva! Whose vehicle is the bull Nandi!
O Narayana! Who has a Chakra (discus) in His hand!
O Sadashiva! Who has the Trishula (trident) in His hand!

Pannaga Śhayana Nārāyaṇa, Pannaga Bhūṣhaṇa Sadāśhiva,
Lakṣhmī Ramaṇa Nārāyaṇa, Pārvatī Ramaṇa Sadāśhiva. (4)

Narayana! Whose bed is a snake!
O Sadashiva! Whose ornaments are snakes!
O Narayana! Whose Consort is Goddess Lakshmi!
O Sadashiva! Whose Consort is Goddess Parvati!

Alaṅkāra Priya Nārāyaṇa, Abhiṣheka Priya Sadāśhiva,
Hari Oṃ Hari Oṃ Nārāyaṇa, Hara Oṃ Hara Oṃ Sadāśhiva. (5)

Narayana! Who is fond of being adorned!
O Sadashiva! Who is fond of ceremonial bath!
O Narayana! You are Hari (the Destroyer of evil)! Hari Om!

O Sadashiva! You are Hara (Who withdraws the universe)! Hara Om!

Come! Come, O Lord Nārāyaṇa!
Give me Darśhan (*vision of You*), Sadāśhiva!
Save me, protect me, Nārāyaṇa! Save me, protect me, Sadāśhiva! (6)

Thy Name is a boat, Nārāyaṇa,
To cross this Saṃsāra (*worldly existence*), Sadāśhiva.
Thy Name is a weapon, Nārāyaṇa,
To cut this impure mind, Sadāśhiva.

Pāhi Māṃ Rakṣha Māṃ Nārāyaṇa,
Pāhi Māṃ Rakṣha Māṃ Sadāśhiva. (7)
O Narayana! Protect me, protect me! O Sadashiva! Protect me, protect me!



TURN THE GAZE

(Song of Immortality)

Rām Rām Rām Rām, Jay Sītā Rām, Jay Jay Rādhe Śhyām,
Rām Rām Rām Rām, Jay Sītā Rām, Jay Jay Rādhe Śhyām.
Glory to Rama..., glory to Sita and Rama!
Glory to Radha and Shyama (Krishna)!

Turn the gaze, withdraw the Indriyas, still the mind, sharpen the intellect.
Chant OM with feeling, meditate on Ātma (*the Divine Self*)
Chant Rām with feeling, meditate on Sītā Rām.
Chant Śhyām with feeling, meditate on Rādhe Śhyām.
O Children of Light, will you drink not? Won't you drink not,
The nectar of immortality? Rām Rām Rām...

All Karmas are burnt now; you have become a Jīvanmukta!
That blessed state Turīyātīta, no words can describe!
O Children of Light...

The grass is green, the rose is red, and the sky is blue.
But the Ātman is colourless, formless and Guṇa-less too.
O Children of Light...

Life is short, time is fleeting, the world is full of miseries.
Cut the knot of Avidyā (*ignorance*), drink the sweet Nirvanic bliss.
O Children of Light...

Feel the Divine Presence everywhere, see the Divine Glory all around!
Then dive deep into the Divine Source, realise the infinite Bliss!
O Children of Light...

Do Āsana, Kumbhak, Mudrā, awake the Kuṇḍalinī,
Then take it to Sahasrāra, through Chakras in the Suṣhumnā.
O Children of Light...

BHAJO RADHE KRISHNA

(Song of So'ham Shivo'ham)

Bhajo Rādhe Kṛiṣhṇa, Bhajo Rādhe Śhyāma,
Bhajo Rādhe Kṛiṣhṇa, Bhajo Rādhe Śhyāma,
Bhajo Sītā Rāma, Bhajo Siya Rāma,
Bhajo Sītā Rāma, Bhajo Siya Rāma,
Worship Radha and Krishna...
Worship Sita and Rama...

So'haṃ, So'haṃ, So'haṃ, Śhivo'ham,
So'haṃ, So'haṃ, So'haṃ, Śhivo'ham.
Oṃ Oṃ Oṃ Oṃ Om, Oṃ Oṃ Oṃ Oṃ Om.
I am He, I am He, I am He, I am Shiva...Om, Om, Om ...

I am fragrance in jasmine, all beauty in flowers,
I am coolness in the ice, flavour in coffee,
I am greenness in the leaves, the hue in the rainbow,

I am taste buds in the tongue, I eat through all mouths.

So'haṃ, So'haṃ, So'haṃ, Śhivo'ham,
So'haṃ, So'haṃ, So'haṃ, Śhivo'ham.

I am the Mind of all minds, Prāṇa (*life-force*) of all Prāṇas,
I am the Soul of all souls, Self of all selves,
I am Ātman (*the universal Self*) in all beings, Apple of all eyes,
I am Sun of all suns, I am Light of all lights.
I am Oṃ Oṃ Oṃ Oṃ Om, Oṃ Oṃ Oṃ Oṃ Oṃ Oṃ Om.

I am Praṇava (*sacred monosyllable 'Om'*) of Vedānta, Brahman (*Supreme Absolute*) of Upaniṣhads,
I am silence in forest, thunder in all clouds,
I am velocity in electrons, I am motion in silence,
I am effulgence in the sun, I'm waves in the radio.

So'haṃ, So'haṃ, So'haṃ, Śhivo'ham,
So'haṃ, So'haṃ, So'haṃ, Śhivo'ham.

I am support of this world, Soul of this body,
I am Ear of all ears, Eye of all eyes,
I am time, space, Dṛik (*the Perceiver*), and the Controller,
I am God of gods, Director of Gurus. Oṃ Oṃ Oṃ ...

I am melody in music, in Rāga-rāgiṇī (*melodic structures in music*),
I am sound in ether, Śhakti (*power*) in Vīrya (*seminal energy*).
I am power in electricity, intelligence in the mind,
I am brilliance in fire, penance in ascetics. Sohaṃ, Sohaṃ...

I am the reason in philosophers, will in Jñānīs (*those who know the Self*),
I am Prem (*love*) in Bhaktas (*devotees*),
Samādhi (*super-conscious state*) in Yogis.
I am That I Am, I am That I Am,
I am That I Am, I am That I Am.
Bhajo Rādhe Kṛiṣhṇa ...

SHLOKAS

Nitya-śhuddhaṃ Nirābhāsaṃ Nirākāraṃ Nirañjanam,
Nitya-bodhaṃ Chidānandaṃ Guruṃ Brahma Namāmyaham.

I prostrate to that Guru, Who is the eternally pure Brahman, ever effulgent, formless, taintless and eternally awake as pure Consciousness and Bliss.

Akhaṇḍa-maṇḍalākāraṃ Vyāptaṃ Yena Charācharaṃ,
Tat-padaṃ Darśhitaṃ Yena Tasmai Śhrī-gurave Namaḥ.

Prostrations to that Worshipful Guru who has revealed that Reality which pervades the entire universe – the moveable and the immoveable.

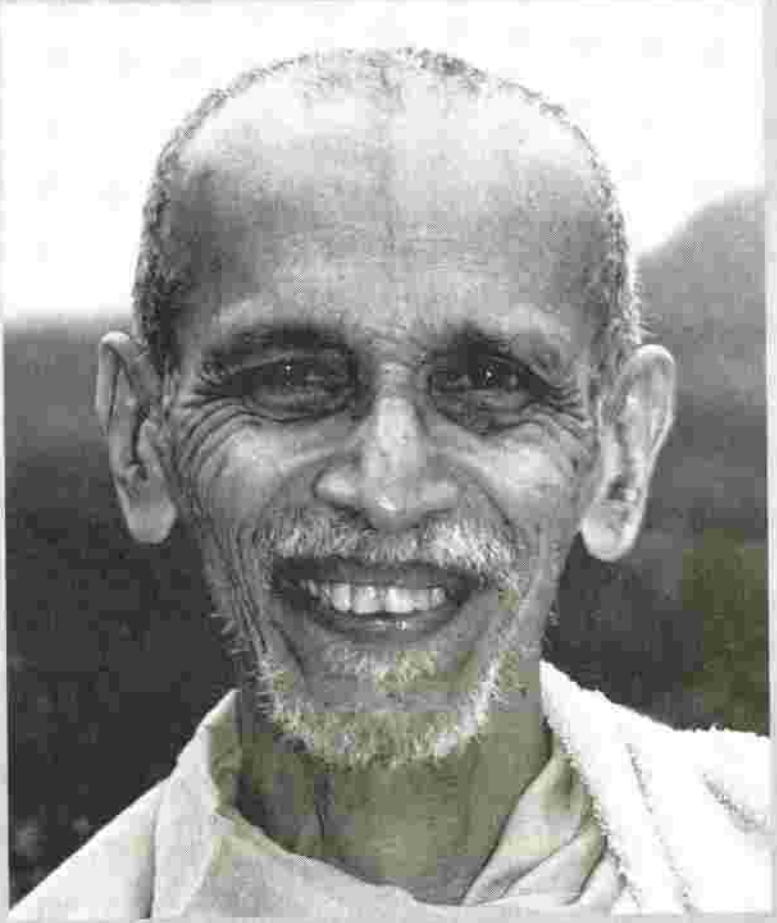
Kāyena Vāchā Manasendriyairvā Buddhyātmanā Vā Prakṛiteḥ Svabhāvāt
Karomi Yadyat Sakalaṃ Parasmai Nārāyaṇāyeti Samarpayāmi.

Whatever I do with my body, speech, mind and senses; by my intellect or by natural disposition – all these I offer unto the Supreme Lord Narayana.

Nāhaṃ Kartā Hariḥ Kartā Tvat-pūjā Karma-chākhilam.
Yadyat Karma-karomīti Tat-tad-akhilaṃ Śhambho Tavārādhanam.

I am not the doer, Shri Hari is the Doer; all the actions that I do are His worship.
O Shambhu (Benevolent, Shiva)! All the actions I do are Thy adoration!

Favourite Songs of Shri Swami Chidanandaji



"See God in every face, and then do your work as worship offered to the God who is within all beings. How can you ever be away from Him? Wherever you go, He is there. Everywhere He is there."

—Swami Chidananda



Drawing by Bhagavan Shri Ramana Maharshi.

SABA HEIŇ SAMANA

Saint Nivritti Nath

Saba Heiň Samāna Saba Meiň Eka Prāṇa,
Taja Ke Abhimāna Hari Nāma Gāo. (1)
All are one! The same Prana (Life-Force) enlivens all beings!
Give up your pride and sing the Name of the Lord!

Hari Nāma Gāo Dayā Apanāo,
Apane Hṛidaya Meiň Hari Ko Basāo. (2)
Sing the Name of Lord Hari and be compassionate!
Then Lord Hari will dwell in your heart.

Hari Nāma Pyārā Sabakā Sahārā,
Hari Nāma Japa Ke Sukha Śhānti Pāo. (3)
The Name of Lord Hari is so sweet, supporting all.
Repeating His Name, obtain happiness and peace.

Kahe "Nivṛitti" Hari Nāma Bhakti,
Hari Nāma Śhakti, Deve Mukti. (4)
Nivritti says: "Repeating the Lord's Name is the highest devotion.
The Lord's Name is filled with the Shakti (divine power)
That bestows liberation."

ARUNACHALA SHIVA

Aruṇāchala Śhiva Aruṇāchala Śhiva
Aruṇāchala Śhiva Aruṇāchala Śhiva

O Shiva (the Auspicious One), O Aruñachala (the holy mountain where Lord Shiva manifested as a column of light and then as the mountain itself, considered the heart of the world where the Lord ever abides)...!

EKA SARA NAMA

Saint Jñanadeva

Eka Sāra Nāma Hari Bhaja Harī
Hari Hare Terī Chintā Sārī. Eka Sāra . . .
Chant the Name of Lord Hari which is the real Essence.
The Lord will remove all your worries.

Ye Nāma Siddha Re Rāma Kṛishna Govinda
Japa Ke Ānanda Pāyo Mana. (1) Eka Sāra . . .
'Rama-Krishna-Govinda' is the Name
That has been proven to bestow liberation.
Attain Bliss by chanting the Name, O mind!

Pantha Aura Sāre Chhoṛa Dūsare Re
Kṛishna Nāma Gāre Gāre Pyāre Pyāre. (2) Eka Sāra . . .
Give up all other paths.
Sing! Sing the Name of Krishna with love, O my dear ones!

Jape Jñānadeva Hari Nāma Mālā
Haraṣha Nirālā Pāyā Pāyā. (3) Eka Sāra . . .
Jñanadeva says: Through chanting the Lord's Name
I have attained the state of highest bliss.

JIS HALA MEN

(Radha-ramana Kaho)

Jis Hāla Meň, Jis Deśha Meň, Jis Veṣha Meň Raho (1)
Radhā-ramaṇa, Radhā-ramaṇa, Radhā-ramaṇa Kaho.
In whatever state, in whichever place, in whichever form you are,
Chant, "Radha-ramana" (the Beloved of Radha, e.g. Krishna)!

Jis Kāma Meň, Jis Dhāma Meň, Jis Gāňv Meň Raho (2)
Radhā-ramaṇa, Radhā-ramaṇa, Radhā-ramaṇa Kaho.
In whatever work, in whichever abode, in whichever village you are,
Chant...

Jis Saṅga Meṅ, Jis Raṅga Meṅ, Jis Ḍhaṅga Meṅ Raho (3)
Radhā-ramaṇa, Radhā-ramaṇa, Radhā-ramaṇa Kaho.
In whatever company, in whichever condition, in whatever mental state you are, Chant...

Jis Yoga Meṅ, Jis Bhoga Meṅ, Jis Roga Meṅ Raho (4)
Radhā-ramaṇa, Radhā-ramaṇa, Radhā-ramaṇa Kaho.
Whether you are immersed in Yoga (spiritual absortion in God), In Bhoga (earthly enjoyment) or in Roga (sickness and disease), Chant...

Saṃsāra Meṅ, Parivāra Meṅ, Vyavahāra Meṅ Raho (5)
Radhā-ramaṇa, Radhā-ramaṇa, Radhā-ramaṇa Kaho.
Even if you are immersed in the world, leading a family life and involved in worldly activities, Chant...



ADI DIVYA JYOTI

Ādi Divya Jyoti Mahā-kālimā Namaḥ,
Madhu Śhumbha Mahiṣha Mardini
Mahā-śhaktaye Namaḥ.

Salutations to the Primal Divine Light, the Great Mother Kali,
The Slayer of the demons Madhu, Shumbha and Mahisha.
Salutations to the great Shakti.

Brahmā Viṣhṇu Śhiva Svarūpa
Tvaṃ Na Anyathā,
Charācharasya Pālikā Namo Namaḥ Sadā.

Thou art none other than Brahma, Vishnu and Shiva (the three aspects of God); Thou art the Protector of all beings, the movable and the immovable ones; I revere Thee forever.

HARA HARA MAHADEVA SHAMBHO

Hara Hara Mahādeva Śhambho,
Kāśhī Viśhvanātha Gaṅge.

O Hara (the One Who withdraws the universe) Mahadeva (the Great God)
O Shambhu (the Benign), The Lord of the universe who dwells in Kashi with Ganga.

Kāśhī Viśhvanātha Gaṅge,
Śhiva Hara Kāśhī Viśhvanātha Gaṅge.

The Lord of the universe who dwells in Kashi with Ganga,
Shiva (the Auspicious One) Hara, the Lord of the universe
Who dwells in Kashi with Ganga.

YAMUNA TIRA VIHARI

Yamunā-tīra-vihārī, Vṛindāvana-sañchārī
Govardhana-giridhārī, Gopāla-kṛishṇā Murārī. (1)
Who sports on the banks of the river Yamuna,
Who moves about in Brindavan,
Who lifted up the Govardhana Mountain,
He is Gopala (the Cowherd),
Krishna Murari (the Enemy of the demon Mura).

Daśharatha-nandana Rāma Rām, Daśhamukha Mardana Rāma Rām
Paśhupati-rañjana Rāma Rām, Pāpa-vimochana Rāma Rām. (2)
Rama is the Son of Dasaratha;
Rama is the Destroyer of the ten-headed Ravana;
Rama is the Delight of Lord Shiva,
Rama Who purges one of all sins.

Ayodhyā-vāsī Rāma Namo, Gokula-vāsī Kṛishṇa Namo,
Vaikuṇṭha-vāsī Viṣhṇu Namo, Kailāsa-vāsī Śhaṅkara Namo. (3)
Prostrations to Rama, who dwells in Ayodhya.
Prostrations to Krishna, who dwells in Gokula.
Prostrations to Vishnu, who dwells in Vaikuntha.
Prostrations to Shankara, who dwells in Kailasa.

Yamunā-tīra-vihārī . . .

KESHAVA GOVINDA KRISHNA

Keśhava Govinda Kṛishṇa,
Sach-chid-ānanda Kṛishṇa.
Keshava (the Lord with beautiful hair), Govinda (the Protector of the cows), Krishna (Blue like the sky),
Sat-Chit-Ananda (Existence-Consciousness-Bliss).

PREMA MUDITA

Prema Mudita Mana Se Kaho Rāma Rāma Rām Śhrī Rāma Rāma Rām,
Śhrī Rāma Rāma Rām Śhrī Rāma Rāma Rām.
Chant the Name of 'Śhrī Rama' with your heart filled with love and joy!

Pāpa Kaṭe Duḥkha Miṭe, Leta Rāma Nām,
Bhava Samudra Sukhada Nāva Eka Rāma Nām. (1) Śhrī Rāma....
Sins will be destroyed and sorrows dissolved by taking the Name of Rama.
The Name of Rama is the boat that gives happiness in the ocean of birth and death.

Parama Śhānti Sukha Nidhāna, Divya Rāma Nām,
Nirādhāra Ko Adhāra, Eka Rāma Nām. (2) Śhrī Rāma....
The treasure-house of supreme peace and happiness is the divine Name of Rama.
Verily, the one support for the helpless is the Name of Rama.

Parama Gopya Parama Iṣhṭa, Mantra Rāma Nām,
Santa Hṛidaya Sadā Basata, Eka Rāma Nām. (3) Śhrī Rāma...
The most secret and favorite mantra is the Name of Rama.
The only Name that resides always in the hearts of saints is 'Rama'.

Mahādeva Satata Japata, Divya Rāma Nām,
Kāshī-marata Mukti Karata, Kahata Rāma Nām. (4) Śhrī Rāma...
The great Lord (Shiva) always repeats the divine Name 'Rama'.
That which gives liberation to those dying in Kashi (Varanasi) is the holy name 'Rama'.

Māta-pitā Bandhu Sakhā, Saba Hī Rāma Nām,
Bhakta Janana Jīvana Dhana, Eka Rāma Nām. (5) Śhrī Rāma....
Verily, the Name of Rama is everything! It is Mother, father, brother, friend!
The life-wealth of the devotees is the one Name, Rama.



Lord, Thou art the love with which I love Thee.

PARHO POTHI MEŃ RAMA

(Song of Rama)

Paṛho Pothī Meň Rāma, Dekho Kalam Meň Rāma,
Likho Takhtī Meň Rāma, Hare Rāma Rāma Rām.
Rāma Rāma Rāma...
Read Rama in your book; see Rama in your pen;
Write Rama on your writing board.
Hare Rama Rama Rama. Rama Rama Rama...

Piyo "*Coffee*" Meň Rāma, Jīmoň Khāne Meň Rāma
Bolo Ghūmne Meň Rāma, Hare Rāma Rāma Rām. (1)
Rāma Rāma Rāma...
Drink Rama in your coffee; eat Rama in your food;
Chant Rama while walking.
Hare Rama Rama Rama. Rama Rama Rama...

Dekho Āňkhoň Se Rāma, Suno Kānoň Se Rāma
Bolo Jihva Se Rāma, Hare Rāma Rāma Rām. (2)
Rāma Rāma Rāma...
See Rama with your eyes; hear Rama with your ears;
Chant Rama with your tongue
Hare Rama Rama Rama. Rama Rama Rama...

Bolo Jāgrat Meň Rāma, Dekho Svapna Meň Rāma,
Pāo Supti Meň Rāma, Hare Rāma Rāma Rām. (3)
Rāma Rāma Rāma...
Chant Rama in waking; see Rama in dream;
Find Rama in deep sleep.
Hare Rama Rama Ram. Rama Rama Rama...

Bālāvasthā Meň Rāma, Yuvāvasthā Meň Rāma,
Vṛiddhāvasthā Meň Rāma, Hare Rāma Rāma Rām. (4)
Rāma Rāma Rāma...

See Rama in your childhood; see Rama in your youth;
See Rama in your old age.
Hare Rama Rama Ram. Rama Rama Rama...

Jīte Jīte Hi Rāma Kaho, Marte Marte Rāma Kaho,
Sarva-kāla Rāma Kaho, Rāma Rāma Rām. (5)
Rāma Rāma Rāma...
Chant Rama while living; chant Rama while dying;
Chant Rama always.
Rama Rama Rama...



LAGA LE PREMA ISHVARA SE

Lagā Le Prema Īśhvara Se,
Agara Tū Mokṣha Chāhtā Hei. Agara...
O! Direct all your love towards God
If you are desirous of liberation.
If you are...

Rachā Usne Jagat Sārā,
Kare Vo Pālanā Sabakī
Vahī Mālika Hei Duniyā Kā,
Pitā Mātā Vidhātā Hei. (1) Agara...
He created the whole world,
He protects all beings.
He alone is the Lord of the Universe,
Father, Mother and Director of our destiny also.
If you are...

Nahīň Vo Ākāśha Ke Ūpar,
Nahīň Vo Pātāla Ke Andar.
Sadā Vo Pāsa Hei Tere,
Kahāň Ḍhūňḍhata Ko Jātā Hei. (2) Agara...
Neither in heavens above,
Nor deep in nether worlds.
But by thy side is He, ever present;
Why wander in vain search?
If you are...

Karo Japa Nema Tapa Bhārī,
Raho Jā Kar Sadā Vana Meň
Binā Sadguru Kī Saṅgata Se,
Nahīň Vo Dil Meň Bhātā Hei. (3) Agara...
Do intense Japa of His Name,
Withdraw to the forest forever.
Without the company of the true Guru,

He is not revealed in the heart.
If you are...

Paṛe Jo Śharaṇa Meṅ Uskī,
Chhoṛa Duniyā Ke Lālacha Ko
Vo Brahmānanda Niśhchaya Hī,
Parama-sukha Dhāma Pātā Hai. (4) Agara...
Whosoever takes refuge in Him,
Rejecting the illusive attractions of the world,
Certainly will attain the profound bliss of Brahman,
And rejoice in the highest happiness – the abode of the Supreme!
If you are...

ADI BIJA EKALE

Saint Tukaram

Ādi Bīja Ekale
Bīja Aṅkurale Ropa Vāḍhale.
In the beginning there was only one seed;
The seed sprouted and took a different form.

Eka Bījāpoṭī Taru Koṭi Koṭi
Janma Gheti Sumanen Phaleṅ
Koṭi Janma Gheti Sumanen Phaleṅ (1) Ādi...
In the womb of one seed, there are millions of trees,
The flowers and fruits take millions of births,
The flowers and fruits take millions of births. In the beginning...

Vyāpuni Jagatā Tūhi Anantā
Bahuvidharūpā Ghesi Ghesi
Parī Antī Brahma Ekale
Ghesi Parī Antī Brahma Ekale (2) Ādi...
Infinite God! You pervade the whole world assuming various forms.
But in the end, there is only one Brahman.

UTHO JAGA MUSAPHIR

Uṭho Jāga Musāphir Bhora Bhaī
Ab Raina Kahāň Jo Sovata Hei
Jo Sovata Hei So Khovata Hei
Jo Jāgata Hei So Pāvata Hei (1)
O traveler! Wake up!
The night is gone. Why are you still sleeping?
He who sleeps loses;
He who keeps awake gains.

Ṭuta Nīňda Se Akhiyāň Khola Jarā
Aur Apane Prabhu Se Dhyāna Lagā
Yaha Prīta Karana Kī Rīta Nahīň
Prabhu Jāgata Hei Tū Sovata Hei (2)
Open your eyes a little from slumber
And meditate on the Lord.
This is not the way to show your love,
The Lord is awake and you are sleeping.

Jo Kal Karnā So Aj Kar Le
Jo Aj Karnā So Ab Kar Le
Jab Chiṛiyan Ne Kheta Chuga Liyā
Taba Pachhatāye Kyā Hovata Hei (3)
Whatever you have to do tomorrow, do it today.
Whatever you have to do today, do it now.
After the birds have eaten away all the seeds sown,
What is the point in regretting?

Nādāna Bhugata Karnī Apanī
Ai Pāpī Pāp Meň Chaina Kahāň
Jab Pāp Kī Gaṭhrī Śhīśha Dharī
Phir Śhīśha Pakaṛa Kyoň Rovata Hei (4)
O fool! You have to pay for all your deeds.
O sinner! Where do you find peace after sinning?

When you carry a bundle of sins on your head,
Why do you hold your head and cry?

MATA PITA BANDHU

Saint Nivritti

Mātā Pitā Bandhu Tumhīṅ Ho Hamāre
Jīvan Sahāre Kṛiṣhṇa Pyāre Kṛiṣhṇa Pyāre. (1)
You are our Mother, Father and Relative,
O dear Krishna, beloved Krishna, You are the Support of our Life.

Sukha Duḥkha Donoṅ Hameṅ Eka Sā Hei
Śharaṇa Meṅ Āye Bhakta Tumhāre Bhakta Tumhāre. (2)
Both pain and pleasure are alike to us;
Your devotees have come to take refuge at Your feet.

Man Meṅ Hei Kṛiṣhṇa Tan Meṅ Hei Kṛiṣhṇa
Bhuvana Gagana Meiṅ Kṛiṣhṇa Kṛiṣhṇa Kṛiṣhṇa Kṛiṣhṇa (3)
O Krishna! You are present in the mind and in the body;
You are present in every speck of the earth and sky.

Nivṛitti Ke Man Kī Khule Hei Kivāṛeṅ
Usmeṅ Basā Hei Nanda-dulāre Nanda-dulāre. (4)
The doors of my heart are open,
and in it dwells the darling of Nanda,
the apple of the eye of Nanda, says Nivritti.

SALUTATIONS TO LORD GANESHA who is Brahman Himself, who is the Supreme Lord, who is the energy of Lord Shiva, who is the source of all bliss, and who is the bestower of all virtuous qualities and success in all undertakings.

Lord Ganesha is the elephant-headed God. He is the Lord of power and wisdom. He is the eldest son of Lord Shiva and the elder brother of Lord Subrahmanya. He is worshipped first in any prayers. Without the Grace of Shri Ganesha and His help nothing whatsoever can be achieved. He is the Lord who removes all obstacles on the path of the spiritual aspirant and bestows upon him worldly as well as spiritual success. He is the Lord of harmony and peace. His elephant head is significant in that it is the only figure in nature that has the form of the symbol for Om.

Glory to Lord Ganesha! May the blessings of Shri Ganesha be upon us all!

Homage to Lord Ganesha



Oṃ Gaṃ Gaṇapataye Namaḥ

Om! Prostrations to Lord Ganesha.

SHLOKAS

Oṃ Śhrī Gaṇeśhāya Namaḥ
Om! Prostrations to Lord Ganesha.

Gaṇānāṃ Tvā Gaṇapatigṃ Havāmahe
Kaviṃ Kavīnām-upamaśhra-vastamam.
Jyeṣhṭha-rājaṃ Brahmaṇāṃ Brahmaṇaspata Ā Naḥ
Śhṛiṇvan-nūtibhis-sīda Sādanam.
May we worship Ganapati, the Protector of Noble People,
The best Poet, the Most Honourable,
The Greatest Ruler and the treasure of all knowledge.
O Ganapati, please listen to us and take your seat in our heart.

Oṃ Śhrī Mahāgaṇapate Namaḥ
Om! Prostrations to Revered Ganesha.

Vakra-tuṇḍa-mahā-kāya,
Sūrya-koṭi Sama-prabha.
Nirvighnaṃ Kurūme Deva,
Sarva-kāryeśhu Sarvadā.
O Lord Ganesha with curved trunk and mighty body,
Who has the magnificence of a million suns,
I pray to you, O Lord, to remove the obstacles
From all the actions I intend to perform anytime!

Śhuklāmbara-dharaṃ Viṣhṇuṃ,
Śhaśhi-varṇaṃ Chaturbhujam.
Prasanna-vadanaṃ Dhyāyet,
Sarva-vighnopa-śhāntaye.
O Lord Ganesha, clothed in white and pervading all the universe,
Shining radiantly like the ivory rays of the full moon,

With four mighty limbs and a charming, happy face,
I meditate on You thus, Lord, that all obstacles may be removed.

Gajānanaṃ bhūta-gaṇādi-sevitaṃ,
Kapittha-jambū-phala-chāru-bhakṣhaṇam,
Umā-sutaṃ Śhoka-vināśha-kārakaṃ,
Namāmi Vighneśhvara-pāda-paṅkajam.

The Lord Who is served by various creatures, the attendants of Lord Shiva and the like.
Who enjoys nice fruits like Kapittha (wood-apple) and Jambu (rose-apple).
Who is the son of Goddess Uma (Parvati) and Who takes away our sorrow,
I prostrate to the lotus-feet of Ganesha, the Lord Who removes all obstacles.



JAYA GANESHA KIRTAN

According to the ancient wisdom teachings of the holy land of India, the one transcendental cosmic Spirit Divine, the Universal Soul, has manifested Itself in infinite names and forms. Its most superior form, however, is Its manifestation as the personal God. This is the unique experience and teaching of the Hindu religion. There is no other religion that affirms that the one, non-dual Universal Spirit has also manifested itself in the form of various deities. Lord Narayana, Lord Shiva and the Cosmic Power (Shakti) known as the Divine Mother are but a few of Its revered manifestations.

It was Gurudev Shri Swami Sivanandaji's invariable custom to commence all functions with the following invocatory Kirtan that expresses worshipful homage to many divine manifestations of the one Supreme Reality.

Jaya Gaṇeśha Jaya Gaṇeśha Jaya Gaṇeśha Pāhi Mām.
Śhrī Gaṇeśha Śhrī Gaṇeśha Śhrī Gaṇeśha Rakṣha Mām.

Glory to Lord Ganesha! May He protect me! O Revered Ganesha, save me (from all problems, difficulties, sorrows and distress)!

Śharavaṇabhava Śharavaṇabhava Śharavaṇabhava Pāhi Mām.
Kārttikeya Kārttikeya Kārttikeya Rakṣha Mām.

Jaya Sarasvati Jaya Sarasvati Jaya Sarasvati Pāhi Mām.
Śhrī Sarasvati Śhrī Sarasvati Śhrī Sarasvati Rakṣha Mām.

Jaya Guru Śhiva Guru Hari Guru Rāma.
Jagad-guru Paraṃ Guru Sat-guru Śhyāma.

Om Ādi Guru Advaita Guru Ānanda Guru Om.
Chid Guru Chid-ghana Guru Chin-maya Guru Om.

Hare Rāma Hare Rāma Rāma Rāma Hare Hare.
Hare Kṛishṇa Hare Kṛishṇa Kṛishṇa Kṛishṇa Hare Hare.

Namaḥ Śhivāya Namaḥ Śhivāya Namaḥ Śhivāya Om.
Namaḥ Śhivāya Namaḥ Śhivāya Namaḥ Śhivāya Om.

Oṃ Namo Nārāyaṇāya Oṃ Namo Nārāyaṇāya.
Oṃ Namo Nārāyaṇāya Oṃ Namo Nārāyaṇāya.

Oṃ Namo Bhagavate Vāsudevāya.
Oṃ Namo Bhagavate Vāsudevāya.

Āñjaneya Āñjaneya Āñjaneya Pāhi Mām.
Hanumanta Hanumanta Hanumanta Rakṣha Mām.

Dattātreya Dattātreya Dattātreya Pāhi Mām.
Dattaguru Dattaguru Dattaguru Rakṣha Mām.

Śhaṅkarāchārya Śhaṅkarāchārya Śhaṅkarāchārya Pāhi Mām.
Bhagavat-pāda Bhagavat-pāda Bhagavat-pāda Rakṣha Mām.

Sadgurudeva Sadgurudeva Sadgurudeva Pāhi Mām.
Śhivānanda Śhivānanda Śhivānanda Rakṣha Mām.

Sadgurudeva Sadgurudeva Sadgurudeva Pāhi Mām.
Chidānanda Chidānanda Chidānanda Rakṣha Mām.

Gaṅgārānī Gaṅgārānī Gaṅgārānī Pāhi Mām.
Bhāgīrathī Bhāgīrathī Bhāgīrathī Rakṣha Mām.

Oṃ Śhakti Oṃ Śhakti Oṃ Śhakti Pāhi Mām.
Brahma-śhakti Viṣhṇu-śhakti Śhiva-śhakti Rakṣha Mām.

Om Ādi-śhakti Mahā-śhakti Parā-śhakti Pāhi Mām.
Ichchhā-śhakti Kriyā-śhakti Jñāna-śhakti Rakṣha Mām.

Rāja-rājeśhvarī Rāja-rājeśhvarī Rāja-rājeśhvarī Pāhi Mām.
Tripura Sundarī Tripura Sundarī Tripura Sundarī Rakṣha Mām.

Oṃ Tat Sat Oṃ Tat Sat Oṃ Tat Sat Om.
Oṃ Śhānti Oṃ Śhānti Oṃ Śhānti Om.

SHRI GANESHJI KI ARATI

Jay Gaṇeśha Jay Gaṇeśha Jay Gaṇeśha Deva.
Mātā Jākī Pārvatī Pitā Mahādeva.
Glory to Ganesh! Glory to Ganesh! Glory to Ganesh!
His mother is Goddess Parvati and His father is Lord Shiva!

Eka Danta Dayāvanta, Chāra Bhujā Dharī.
Māthe Par Tilaka Sohe, Mūse Kī Savārī. (1) Jaya Gaṇeśha...
He is the compassionate Lord who has one tusk and four arms.
He applies a vermilion mark on His forehead and rides on a mouse.
Glory to Ganesh...

Pāna Charhe Phūl Charhe, Aur Charhe Mevā.
Laḍḍuan Ko Bhoga Lage, Santa Kare Sevā. (2) Jaya Gaṇeśha...
Betal leaf, flowers and sweets in abundance are offered to Him.
Huge offerings of laddhus (round sweets) are presented and saints serve Him.
Glory to Ganesh...

Andhan Ko Āṅkh Deta, Korhin Ko Kāyā.
Bānjhan Ko Putra Deta, Nirdhan Ko Māyā. (3) Jaya Gaṇeśha...
He makes the blind to see and gives a sound body to the leper.
He blesses the childless with child and gives wealth to the poor.
Glory to Ganesh...

GAIYE GANAPATI JAGAVANDANA

Saint Tulsidas

1. Gāiye Gaṇapati Jaga-vandana
Śhaṅkara-suvana Bhavānī-nandana.

Sing praises to Ganesh Who is adored by all the world,
Who is the son of Lord Shiva and the darling of Parvati.

2. Siddhi-sadana Gaja-vadana Vināyaka
Kṛipā-sindhu Sundara Saba-dāyaka.

Abode of Divine powers, Elephant-headed,
Ocean of mercy, Graceful and All-bestowing!

3. Modaka-priya Muda-maṅgala-dātā
Vidyā-vāridhi Buddhi-vidhātā.

Enjoyer of modaks (laddoos, a sweet),
Bestower of auspiciousness, infinite wisdom and intelligence!

4. Māngata Tulasidāsa Kara Jore
Basahiň Rāma-siya Mānasa More.

With folded hands, Tulasidas prays
That Rama and Sita may always reside in his heart.

SALUTATIONS TO LORD SHIVA who is the Supreme Reality. He is eternal, formless, independent, omnipresent, one without a second, beginningless, causeless, taintless, self-existent, ever free, ever pure. He is not limited by time or space. He is infinite bliss and infinite consciousness.

Lord Shiva is Love itself. His grace is infinite. He is the saviour and Guru. He is engaged in freeing the souls from the thraldom of matter. He assumes the form of a Guru out of intense love for mankind. He watches the activities of the individual souls and helps them in their onward march.

Lord Shiva is an embodiment of renunciation, mercy, love and wisdom. A little love and devotion, a little chanting of His Pañchakshara Mantra – Om Namah Shivaya – is quite sufficient to infuse delight in Lord Shiva. He is the universal Self. He is the true Self of all beings and creatures. Behold Him in all names and forms. He will bless you with His vision.

May His blessings be upon all of us!

Monday
Dedicated to Lord Shiva



Oṃ Namaḥ Śhivāya

Om! Prostrations to Lord Shiva.

SHLOKAS

Vande Śhambhum-umā-patiṃ Sura-guruṃ Vande Jagat-kāraṇaṃ,
Vande Pannaga-bhūṣhaṇaṃ Mṛiga-dharaṃ Vande Paśhūnāṃ Patim.
Vande Sūrya-śhaśhāṅka-vahni-nayanaṃ Vande Mukunda-priyaṃ,
Vande Bhakta-janāśhrayaṃ Cha Varadaṃ Vande Śhivaṃ Śhaṅkaram.

I bow down to Shambhu (the Benevolent One), the Lord of Uma, Who is the Guru of the gods. I bow down to the Cause of the universe. I bow down to Him Who has serpents as His ornaments, Who holds a deer skin in one hand (representing that the restless mind has been brought under control by the practice of Yoga). I bow down to the Lord of Pashus (lit. animals, unenlightened living beings). I bow down to Him Who has three eyes made of the Sun, Moon and Fire. I bow down to Him Who is dear to Vishnu and to Whom Vishnu is dear. I also bow down to Him Who is the support of devotees and bestower of boons. I bow down to Lord Shiva Shankara.

Kara-charaṇa-kṛitaṃ Vāk-kāyajaṃ Karmajaṃ Vā,
Śhravaṇa-nayanajaṃ Vā Mānasaṃ Vāparādham.
Vihitam-avihitaṃ Vā Sarvam-etat Kṣhamasva,
Jaya Jaya Karuṇābdhe Śhrī Mahādeva Śhambho.

Whatever offences I have committed with the hands and feet, or with speech or body, or in deeds, with ears, eyes or with the mind, knowingly or unknowingly, please forgive all these, O Shri Mahadeva! O Shambhu! O ocean of compassion! Glory, glory to You!

Karpūra-gauraṃ Karuṇāvatāraṃ,
Saṃsāra-sāraṃ Bhujagendra-hāram.
Sadā Vasantaṃ Hṛidayāravinde,
Bhavaṃ Bhavānī-sahitaṃ Namāmi.

I bow down to Bhava (Shiva) Who is accompanied by Bhavani (Parvati). Shining with a white radiance like camphor, He is an

incarnation of compassion and the essence of the world. He has garlands of serpents and ever dwells in the lotus-hearts of all.



Oṃ Tryambakaṃ Yajāmahe Sugandhiṃ Puṣṭivardhanam,
Urvārukam-iva Bandhanān-mṛityor-mukṣhīya Mā'mṛitāt.

We worship the three-eyed One (Lord Shiva) Who is fragrant and Who nourishes all beings; may He liberate me from death for the sake of Immortality, even as the cucumber is severed from its bondage (to the creeper).



Asita-giri-samaṃ Syāt Kajjalaṃ Sindhu-pātre,
Sura-taruvara-śhākha Lekhanī Patramurvī.
Likhati Yadi Gṛihītvā Śharadā Sarva-kālaṃ,
Tadapi Tava Guṇānām-īśha Pāraṃ Na Yāti.

O Lord, if the black mountain be ink, the ocean the inkpot, the branch of the stout wish-fulfilling tree a pen, the earth the writing leaf, and if Sharada (Sarasvati), the Goddess of Learning Herself takes these and writes for eternity, even then the extent of Your virtues can never be expressed!



Om Antar-jyotir-bahir-jyotiḥ Pratyak-jyotiḥ Parāt-paraḥ,
Jyotir-jyotiḥ, Svayaṃ Jyotir-ātma-jyotiḥ Śhivo'smy-aham.
Ātma-jyotir-mano-jyotir-jyotiśh-chakṣhus-sa Paśhyati
Sa Bāhyābhyantara-jyotiḥ Taj-jyotiḥ Śhivam-uchyate.

Om! The inner Light, the outer Light, the omnipresent Light, the Light supreme, The Light of lights, Self-luminous Light, Atmic Light, that Shiva (the Auspicious One) I am. Light of the Self, Light of the mind, Light which sees through the eyes of all, That Light is within and without; that Light is called Shiva (the Auspicious One).



SHIVA PANCHAKSHARA STOTRAM

Shri Shankaracharya

Nāgendra-hārāya Tri-lochanāya
Bhasmāṅga-rāgāya Maheśhvarāya,
Nityāya Śhuddhāya Digambarāya
Tasmai Nakārāya Namaḥ Śhivāya. (1)

Salutations to Shiva, Who wears the king of snakes as a garland, the three-eyed God, Whose body is smeared with ashes, the great Lord, the eternal and pure One, Who has the quarters (north, south, east, west) as his garment and Who is represented by the syllable "Na".

Mandākinī Salila Chandana Charchitāya
Nandīśhvara Pramatha-nātha Maheśhvarāya,
Mandāra-mukhya Bahu-puṣhpa Supūjitāya
Tasmai Makāramahitāya Namaḥ Śhivāya. (2)

I bow to Shiva, Who is worshipped with water from the Ganga (Mandakini) and decorated with sandalwood paste, the Lord of Nandi, the Lord of the host of goblins and ghosts, the great Lord, Who is worshiped with Mandara (hibiscus) and many other kinds of flowers, and Who is represented by the greatness of the syllable "Ma".

Śhivāya Gaurī Vadanābjabṛinda
Sūryāya Dakshādhvara Nāśhakāya,
Śhrī Nīla-kaṇṭhāya Vṛiṣha-dhvajāya
Tasmai Śhikārāya Namaḥ Śhivāya. (3)

Salutations to Shiva, Who is all-auspiciousness, Who is the sun that causes the lotus face of Gauri (Parvati) to blossom, Who is the destroyer of the sacrifice of Daksha, Whose throat is blue (Nilakantha), Whose flag bears the emblem of the bull and Who is represented by the syllable "Shi".

Vasiṣhṭha Kumbhod-bhava Gautamārya
Munīndra Devārchita Śhekharāya,
Chandrārka-vaiśhvānara Lochanāya
Tasmai Vakārāya Namaḥ Śhivāya. (4)

He Who is worshipped by Vasishtha, Agastya, Gautama and other venerable sages and gods, He Whose three eyes are the moon, the sun and the fire, I bow to that Shiva, Who is represented by the syllable "Va".

Yakṣha-svarūpāya Jaṭādharāya
Pināka-hastāya Sanātanāya
Divyāya Devāya Digambarāya
Tasmai Yakārāya Namaḥ Śhivāya. (5)

Salutations to Shiva, Who is the embodiment of sacrifice, Who has matted hair, Who bears the Pinaka bow in His hand, the eternal Lord, the brilliant God, Who is Digambara (having space as a garment), and Who is represented by the syllable "Ya".

Phalashruti:
Pañchākṣharam-idaṃ Puṇyaṃ Yaḥ Paṭhet-shiva-sannidhau.
Śhiva-lokam-avāpnoti Śhivena Saha Modate.

The effect of this Stotra (hymn):
Anyone who recites this sacred five-syllable mantra (Namah Shivaya), in the presence of a Shiva-linga, attains the abode of Shiva and rejoices there with Him.



SHIVA MANASA PUJA

Shri Shankaracharya

Oṃ Śhrī Gaṇeśhāya Namaḥ

Ratnaiḥ Kalpitam-āsanaṃ Hima-jalaiḥ Snānaṃ Cha Divyāmbaraṃ,
Nānāratna-vibhūṣhitaṃ Mṛiga-madā-modāṅkitaṃ Chandanam.
Jātī-champaka-bilva-patra-rachitaṃ Puṣhpaṃ Cha Dhūpaṃ Tathā
Dīpaṃ Deva Dayānidhe Paśhupate Hṛit-kalpitaṃ Gṛihyatām. (1)

O Lord, Thou ocean of mercy, do accept these offerings conceived in my mind such as a seat made of precious stones, a bath in delightfully cool water, a splendid apparel bedecked with various gems, sandal-paste perfumed with musk, the jasmine and the champaka flowers arranged upon bilva leaves, incense as well as light – O Lord of all beings and creatures.

Sauvarṇe Maṇikhaṇḍa-ratna-rachite Pātre Ghṛitaṃ Pānakaṃ,
Bhakṣhyaṃ Pañchavidhaṃ Payo-dadhiyutaṃ Rambhā-phalam Pāyasam.
Śhākānām-ayutaṃ Jalaṃ Ruchikaraṃ Karpūra-khaṇḍojjvalaṃ,
Tāmbūlaṃ Manasā Mayā Virachitaṃ Bhaktyā Prabho Svīkuru. (2)

Clarified butter, sweet payasam (rice pudding), the five kind of dishes, a drink made of Jaggery fruit, vegetables of innumerable varieties, tasteful water and betal scented with camphor – all these food offerings placed in golden vessels which are set with the nine precious jewels have I conceived in my mind out of love and devotion; do accept them, O Lord.

Chhatraṃ Chāmarayoryugaṃ Vyajanakaṃ Chādarśhakaṃ Nirmalaṃ,
Vīṇā Bheri-mṛidaṅga-kāhala-kalā-gītaṃ Cha Nṛityaṃ Tathā.
Sāṣhṭāṅgaṃ Praṇatiḥ Stutir-bahu-vidhā Hyetat-samastaṃ Mayā,
Saṅkalpena Samarpitaṃ Tava Vibho Pūjāṃ Gṛihāṇa Prabho. (3)

The chhatra (canopy), a couple of chamaras (yak-tail whisks) for fanning, and a stainless mirror; the music of the lute, the kettledrum, the mridanga and the horn; singing together with dancing; obeisance by the prostration of the eight limbs of the body; various hymns and prayers – all these, O Supreme Ruler, I duly offer to Thee mentally; do accept my worship, O Almighty Lord.

Ātmā Tvaṃ Girijā Matiḥ Sahacharāḥ Prāṇāḥ Śharīraṃ Gṛihaṃ,
Pūjā Te Viṣhayopa-bhoga-rachanā Nidrā Samādhi-sthitiḥ.
Sañchāraḥ Padayoḥ Pradakṣhiṇa-vidhiḥ Stotrāṇi Sarvā Giro,
Yadyat-karma Karomi Tattad-akhilaṃ Śhambho Tavārādhanam. (4)

Thou art the Atman (the impersonal Self of all beings), my intellect is Girija (Daughter of Himalaya and the consort of Lord Siva); my Pranas are Thy attendants; (this) body is Thy temple; ministering to the enjoyment of the objects of the senses is (my) worship to Thee; (my) sleep is Samadhi; all (my) moving about on foot is the act of performing the rite of circumambulation (walking round the deity); all the words (spoken) are hymns to Thee – whatever work I do is Thy worship, O Shambho.

Kara-charaṇa-kṛitaṃ Vāk-kāyajaṃ Karmajaṃ Vā,
Śhravaṇa-nayanajaṃ Vā Mānasaṃ Vāparādham.
Vihitam-avihitaṃ Vā Sarvametat-kṣhamasva,
Jaya Jaya Karuṇābdhe Śhrī Mahādeva Śhambho. (5)

Sins committed in action by the hands and feet, or by speech, or by the body, or by the ears and eyes, or by the mind – forgive all these sins whether of commission or omission. Glory be unto Thee, Thou ocean of mercy! Glory be unto Thee, O Mahadeva (God of gods)! O Shambho (Giver of happiness)!

Iti Śhrī-śhiva-mānasa-pūjā Samāptā.

Thus ends the Shiva Manasa Puja composed by Shri Shankaracharya.



SAMBA SADASHIVA

Sāmba Sadāśhiva Sāmba Sadāśhiva,
Sāmba Sadāśhiva Sāmba Sadāśhiva Om.

(Glory to) Sadashiva (the Ever-Auspicious One) Who is accompanied by Amba, the Divine Mother! Om!

RUDRASHTAKAM

Saint Tulsidas

Namāmīśham-īśhāna Nirvāṇa-rūpaṃ,
Vibhuṃ Vyāpakaṃ Brahma-veda-svarūpam.
Ajaṃ Nirguṇaṃ Nirvikalpaṃ Nirīhaṃ,
Chidākāram-ākāśha-vāsaṃ Bhaje'ham. (1)

I adore You, the Lord and the Ruler of the whole universe,
Eternal Bliss personified, the omnipresent and all-pervading Brahman,
Manifest in the form of the Vedas. I worship Lord Shiva,
Shining in His own glory, devoid of all attributes, undifferentiated,
desireless, all-pervading Consciousness.

Nirākāram-oṃkāra-mūlaṃ Turīyaṃ,
Girājñāna-gotītam-īśhaṃ Girīśham.
Karālaṃ Mahākāla-kālaṃ Kṛipāluṃ,
Guṇāgāra-saṃsāra-pāraṃ Nato'ham. (2)

I bow to the Supreme Lord, Who is formless, the source of Omkara,
the Turiya (beyond speech, understanding and sense-perception).
Ruler of (Mount) Kailasa, devourer even of Time, terrible yet gracious,
Abode of virtues and supra-cosmic.

Tuṣhārādri-saṅkāśha-gauraṃ Gabhīraṃ,
Mano-bhūta-koṭi-prabhāsvach-chharīram.
Sphuran-mauli-kallolinī-chāru-gaṅgā,
Lasat-phāla-bālendu-kaṇṭhe-bhujaṅgam. (3)

I adore Him, Who is possessed of a form white as the snow-clad Himalayas,
Who is radiant with the beauty of myriad Cupids,
Whose head sparkles with the lovely stream of the Ganges.
Whose forehead is adorned by the crescent moon and neck coiled
round by a serpent.

Chalat-kuṇḍalaṃ Śhubhra-netraṃ Viśhālaṃ,
Prasannānanaṃ Nīlakaṇṭhaṃ Dayālum.
Mṛigādhīśha-charmāmbaraṃ Muṇḍa-mālaṃ,
Priyaṃ Śhaṅkaraṃ Sarva-nāthaṃ Bhajāmi. (4)

I adore the all-merciful Shankara, Who has swaying rings hanging from His earlobes, Who is possessed of beautiful eyebrows and large eyes, Who has a cheerful countenance and a blue mark on His throat and Who has a lion-skin wrapped round His waist and a garland of skulls round His neck.

Prachaṇḍaṃ Prakṛiṣhṭaṃ Pragalbhaṃ Pareśhaṃ,
Akhaṇḍaṃ Bhaje Bhānu-koṭi-prakāśham.
Trayīśhūla-nirmūlanaṃ Śhūla-pāṇiṃ,
Bhaje'haṃ Bhavānī-patiṃ Bhāva-gamyam. (5)

I take refuge in Bhavani's Lord, the Supreme God,
Terrible, exalted, intrepid, indivisible, unborn, invested with the glory of myriad suns,
Who roots out the threefold sufferings, holds a trident in His hand,
And Who is accessible only through love.

Kalātīta-kalyāṇa-kalpānta-kārī,
Sadā Saj-janānanda-dātā Purāriḥ.
Chidānanda-sandoha-mohāpahāri,
Prasīda Prasīda Prabho Manmathāriḥ. (6)

Beyond partition, ever blessed, bringing about universal destruction at the end of each round of creation, Source of perpetual delight to the virtuous, Slayer of the demon Tripuras,
Consciousness and Bliss personified, Dispeller of delusion, be propitious!
Be propitious, my Lord, Enemy of Cupid!

Na Yāvad-umā-nātha-pādāravindaṃ
Bhajantīha Loke Pare Vā Narāṇām.
Na Tāvat-sukhaṃ Śhānti-santāpa-nāśhaṃ
Prasīda Prabho Sarva-bhūtādhivāsa. (7)

As long as men do not worship the lotus-feet of Uma's Lord,
There will be no happiness nor peace nor cessation of suffering for them,
Either in this world or the next. Therefore be propitious my Lord,
Dwelling as You do in the heart of all living beings.

Na Jānāmi Yogaṃ Japaṃ Naiva Pūjāṃ
Nato'haṃ Sadā Sarvadā Deva Tubhyam.
Jarā-janma-duḥkhaugha-tātapyamānaṃ
Prabho Pāhi Śhāpān-namāmi-īśha-śhambho. (8)

I know not Yoga, nor Japa, nor rituals.
I simply bow to You at all times, at every moment, O Shambho!
Pray, protect me, my Lord, miserable and afflicted as I am by a multitude of suffering,
Governed by birth, (disease), old age (and death), O Lord Shambho!

Phalashruti:
Rudrāṣhṭakam-idaṃ Proktaṃ Vipreṇa-hara-tuṣhṭaye.
Ye Paṭhanti Narā-bhaktyā Teṣhāṃ Śhambhuḥ Prasīdati.

This hymn of eight verses was recited by the poet in order to propitiate Lord Hara. Shri Shambho is pleased with those who devoutly repeat it.

JAYA SHIVA OMKARA

Jaya Śhiva Oṃkāra Bhaja Śhiva Oṃkāra,
Brahmā Viṣhṇu Sadāśhiva Hara Śhiva Mahādeva.

Glory to Shiva (the Auspicious One), Omkara (the Sacred Syllable Om). Worship Shiva, the Omkara!
(Worship) Brahma, Vishnu and the Ever-Auspicious Shiva! Hara Shiva Mahadeva (the Great God Who withdraws the universe)!

Namaḥ Parvati Pataye Hara Hara Mahadeva!

Salutations to Parvati's Lord, Hara. Hara Mahadeva!

GAURI VARA

Gaurī-vara Mano-hara,
Śhiva Śhaṅkara Śhiva Śhaṅkara,
Gaṅgā-dhara Jaṭā-dhara,
Pināka-pāṇi Maheśhvara. (1)

The Lord of Gauri, the Enchanter of the heart,
Shiva (the Auspicious One), Shankara (the Benevolent),
Who bears the Goddess Ganga, Who has matted hair,
Who holds the bow Pinaka in His hand, the Great Lord.

Girijā-pati Śhiva Tripurāri,
Chandra-mauli Maṅgala-kārī,
Kalpānta-kārī Asurāri,
Śharaṇāgata Ke Duḥkha-hari. (2)

The Lord of Girija, Shiva, Destroyer of the three cities,
Who is adorned with the crescent moon and brings auspiciousness,
The Dissolver of the universe and Foe of demons,
Remover of sorrows of those who take refuge in Thee.



LINGASHTAKAM

(Eight Verses on Lord Shiva)

Brahmamurāri Surārchita Liṅgaṃ
Nirmala Bhāṣhita Śhobhita Liṅgam.
Janmaja Duḥkha Vināśhaka Liṅgaṃ
Tatpraṇamāmi Sadāśhivaliṅgam. (1)

The Linga that is worshipped by Brahma, Vishnu (Murari) and all gods,
Which is pure, effulgent and charming.
And which destroys the sorrows resultant of birth,
I bow before that Linga of the ever-auspicious Shiva.

Devamuni Pravarārchita Liṅgaṃ
Kāmadahaṃ Karuṇākara Liṅgam.
Rāvaṇa Darpa Vināśhana Liṅgaṃ
Tatpraṇamāmi Sadāśhivaliṅgam. (2)

The Linga that is worshipped by great sages and devas,
Which destroyed the god of passion and showers mercy.
Which destroyed the pride of Ravana,
I bow before that Linga of the ever-auspicious Shiva.

Sarva Sugandhi Vilepita Liṅgaṃ
Buddhi Vivarddhana Kāraṇa Liṅgam.
Siddha Surāsura Vandita Liṅgaṃ
Tatpraṇamāmi Sadāśhivaliṅgam. (3)

The Linga that is annointed with fragrant sandal-paste,
Which leads to growth of wisdom.
And which is revered by siddhas, devas and asuras,
I bow before that Linga of the ever-auspicious Shiva.

Kanaka Mahāmaṇi Bhūṣhita Liṅgaṃ
Phaṇipati Veṣhṭita Śhobhita Liṅgam.
Dakṣhasuyajña Vināśhana Liṅgaṃ
Tatpraṇamāmi Sadāśhivaliṅgam. (4)

The Linga that is adorned with precious gems set in gold,
The Linga that is resplendent and is encircled by Phanipati (the Lord

of the hooded serpants).
And which destroyed the Yagna (sacrifice) of Daksha,
I bow before that Linga of the ever-auspicious Shiva.

Kuṅkuma Chandana Lepita Liṅgaṃ
Paṅkaja Hāra Suśhobhita Liṅgam.
Sañchita Pāpa Vināśhana Liṅgaṃ
Tatpraṇamāmi Sadāśhivaliṅgam. (5)

The Linga that is anointed with kumkum and sandal paste,
The Linga that looks beautiful with the garland of lotuses.
The Linga that destroys the sins accumulated over many lives,
I bow before that Linga of the ever-auspicious Shiva.

Devagaṇārchita Sevita Liṅgaṃ
Bhāvairbhaktibhirevacha Liṅgam.
Dinakara Koṭi Prabhākara Liṅgaṃ
Tatpraṇamāmi Sadāśhivaliṅgam. (6)

The Linga that is served by gods and other beings,
Through their good thoughts and devotion.
The Linga that is resplendent like billions of Suns,
I bow before that Linga of the ever-auspicious Shiva.



Aṣhṭadalopari Veṣhṭita Liṅgaṃ
Sarvasamudbhava Kāraṇa Liṅgam.
Aṣhṭadaridra Vināśhita Liṅgaṃ
Tatpraṇamāmi Sadāśhivaliṅgam. (7)

The Linga that is resting on an eight-petalled lotus,
Which is the cause of all creation.
And which destroys the eight types of poverty,
I bow before that Linga of the ever-auspicious Shiva.

Suraguru Suravara Pūjita Liṅgaṃ
Suravana Puṣhpa Sadārchita Liṅgam.
Parātparaṃ Paramātmaka Liṅgaṃ
Tatpraṇamāmi Sadāśhivaliṅgam. (8)

The Linga that is worshipped by Brihaspati (the Preceptor of the gods)
and Indra (the King of the gods),
Who offer flowers grown in the heavenly gardens.
The Linga that is the Supreme Soul,
I bow before that Linga of the ever-auspicious Shiva.

Phalashruti:
Liṅgāṣhṭakam-idaṃ Puṇyaṃ Yaḥ Paṭhet Śhiva Sannidhau,
Śhivalokam-avāpnoti Śhivena Sahamodate.

Anyone who chants these eight verses in the presence of an
image of Lord Shiva will reach the abode of Shiva and rejoice with
the Lord.

SHANKARA JI KA DAMARU BOLE

Śhaṅkara Jī Kā Ḍamarū Bole,
Śhrī Rām Jaya Rām Jaya Jaya Rām,
Śhrī Rām Jaya Rām Jaya Jaya Rām. (1) Śhrī Rām...

Lord Shiva's damaru (a small hour-glass shaped hand drum) says:
"Lord Rama! Victory to Rama! Victory, victory to Rama...!"

Mīrā Bāī Kī Ikatāri Bole,
Rādhe Śhyām Rādhe Śhyām,
Rādhe Śhyām Rādhe Śhyām. (2) Śhrī Rām...

Saint Mira's ikatari (single-stringed musical instrument) says:
"Radhe Shyama (Krishna)! Radhe Shyama...!"

Tukārāma Kī Vīṇā Bole,
Viṭṭhala Viṭṭhala Jaya Hari Nām,
Viṭṭhala Viṭṭhala Jaya Hari Nām. (3) Śhrī Rām...

Saint Tukarama's vina (lute) says:
"Vitthala (epithet of Lord Krishna)! Vitthala! Glory to the Name of Hari (the Destroyer of evil)...!"

Sūradāsa Kī Ikatāri Bole,
Govinda Govinda Rādhe Śhyām,
Govinda Govinda Rādhe Śhyām. (4) Śhrī Rām...

Saint Surdas's ikatari says:
"Govinda (the Protector of the cows)! Govinda, Radhe Shyama...!"

Rāmadāsa Kī Kubaṛī Bole,
Raghupati Rāghava Rājā Rām,
Raghupati Rāghava Rājā Rām. (5) Śhrī Rām...

Saint Ramadasa's kubari (tambourine) says:
"Raghupati (the Lord of the House of Raghu) Raghava (the Descendant of Emperor Raghu) Raja Rama (the King Rama)...!"

Kabīrdāsa Kī Ikatāri Bole,
So'haṃ So'haṃ Jaya Hari Nām,
So'haṃ So'haṃ Jaya Hari Nām. (6) Śhrī Rām...

Saint Kabirdasa's ikatari says:
"I am He! I am He! Glory to Hari's Name...!"

Ekanātha Kī Chipalī Bole,
Digambara Digambara,
Śhrī Pāda Ballabha Digambara,
Dattātreya Digambara. (7) Śhrī Rām...

Saint Ekanatha's chipali (castanets) say:
"Digambara (One Who has space as His garment)! Digambara!
Shri Pada Ballabha (name of a saint) Digambara!
Dattatreya Digambara!

Hari Oṃ Sadguru Oṃkāra,
Nata Jana Hṛidaya Kamala Bhramara,
Digambara Digambara,
Dattātreya Digambara. (8) Śhrī Rām...

Hari Om! The real Guru is the Cosmic Sound OM,
(that vibrates like) a honey-bee in the lotus heart of people!
Digambara, Digambara!
Dattatreya Digambara!

Guru Nānak Kī Vāṇī Bole,
Satya-nām Satya-nām,
Satya-nām Satya-nām. (9) Śhrī Rām...

Guru Nanak's speech says:
"The (Divine) Name is the Truth...!"

Ānandāśhram Kaṇa Kaṇa Bole,
Śhrī Rām Jaya Rām Jaya Jaya Rām,
Śhrī Rām Jaya Rām Jaya Jaya Rām. (10) Śhrī Rām...

Every atom of Ananda Ashram says:
"Shri Rama Jaya Rama Jaya Jaya Rama...!"

Śhivānanada Kī Vāṇī Bole,
Śhyām Śhyām Rādhe Śhyām,
Śhyām Śhyām Rādhe Śhyām. (11) Śhrī Rām...

Swami Sivananda's voice says:
"Shyama Shyama Radhe Shyama...!"

SHANKARA SHIVA SHANKARA

Śhaṅkara Śhiva Śhaṅkara Śhiva Śhaṅkara Śhiva Śhaṅkara,
Śhaṅkara Śhiva Śhaṅkara Śhiva Śhaṅkara Śhiva Śhaṅkara.
Shankara (the Benevolent) Shiva (the Auspicious One)...

Rāma Rāghava Rāma Rāghava Rāma Rāghava Pāhi Mām,
Kṛiṣhṇa Keśhava Kṛiṣhṇa Keśhava Kṛiṣhṇa Keśhava Rakṣha Mām.
O Rama Raghava (the Descendent of Raghu)... protect me!
O Krishna Keshava (the Lord with beautiful hair)... save me (from all problems, difficulties, sorrows and distress)!

Sadguru-nātha Sadguru-nātha Sadguru-nātha Pāhi Mām,
Sadguru-nātha Sadguru-nātha Sadguru Svāmī Śhivānanda.
O Satguru-natha (real Guru, the Lord) protect me!
O Satguru-natha, Satguru-natha, Swami Sivananda.

OM SHIVA OMKARA

Oṃ Śhiva Oṃkāra Jaya Jaya, Bhaja Śhiva Oṃkāra.
Glory, glory to Om Shiva (the Auspicious One) Omkara (the Sacred Syllable OM)! Worship Shiva Omkara!

Brahmā Viṣhṇu Sadāśhiva, Hara Hara Hara Hara Mahādeva.
Brahma, Vishnu and Sadashiva (the Eternal Shiva)! Hara (the One Who withdraws the universe) Mahadeva (the Great God)!

Śhiva Śhiva Śhiva Śhiva Sadāśhiva, Hara Hara Hara Hara Mahādeva.
Shiva... Sadashiva! Hara... Mahadeva!

NATARAJA NATARAJA NARTANA SUNDARA

Naṭarāja Naṭarāja Nartana Sundara Naṭarāja
Śhiva-rāja Śhiva-rāja Śhiva-kāmi Priya Śhiva-rāja
Śhiva-rāja O Śhiva-rāja
Śhiva-kāmi Priya Śhiva-rāja (1)

Lord Shiva! You are most beautiful and an expert in dance!
O Lord Shiva! You are the Beloved of Gauri (Parvati)!
O Lord Shiva! You are the Beloved of Gauri!

Yogī-rāja Śhiva Yogī-rāja
Yogī-rāja Sundar Yogī-rāja (2)

Lord Shiva! You are the King of Yogis!
O Lord Shiva! You are the most beautiful King of Yogis!

Bhakta-rāja Parama Sundara Bhakta-rāja
Bhakta-rāja Śhiva Bhakta-rāja (3)

Lord Shiva! You are the King of your devotees!
O Lord Shiva! You are the most beautiful King of of your devotees!

Guru-rāja Sarva-priya Śhiva Guru-rāja
Vara-rāja Tyāga-mūrti Śhiva-rāja (4)

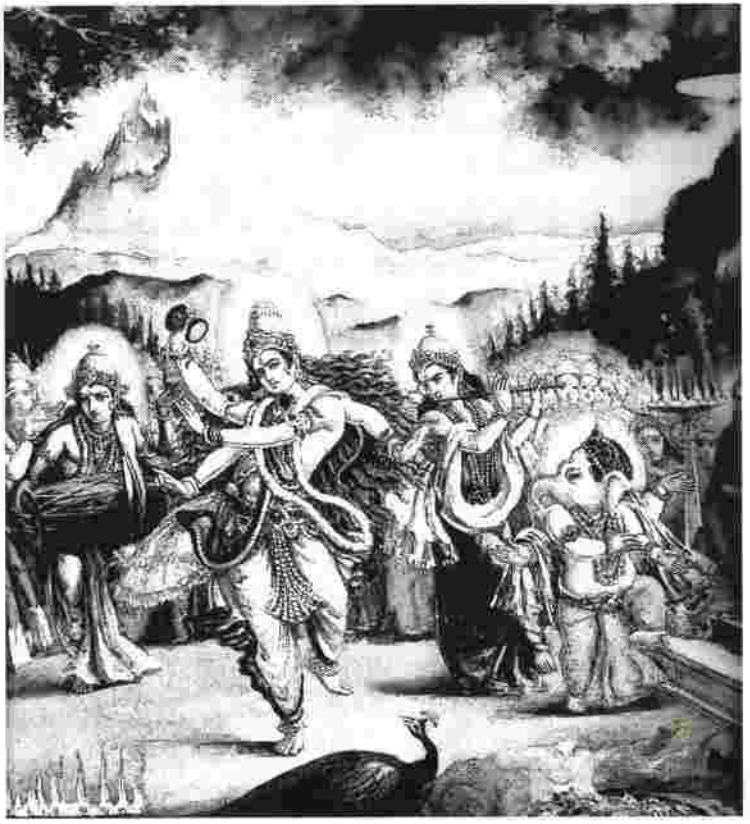
Lord Shiva! You are the beloved Guru of all!
O Lord Shiva! You are the bestower of boons and the embodiment of renunciation!

Guru-rāja Śhiva Guru-rāja
Vara-rāja Śhiva-rāja (5)

Lord Shiva! You are the King of Gurus!
O Lord Shiva! You are King among the bestower of boons!

Naṭarāja Naṭarāja Nartana Sundara Naṭarāja
Naṭarāja Naṭarāja Nartana Sundara Naṭarāja. (6)

Lord Shiva! You are called "Nataraja" (King of dance) because your dance is most beautiful!
O Lord Shiva! You are King among the Dancers!



SAMBASADASHIVA BHOLANATHA

Saint Keshavadas

Sāmba-sadāśhiva Bholā-nātha
Śhambho Śhaṅkara Gaurī-nātha. (1)

Lord Shiva (also called Shambho and Shankar) whose consort is Amba (also known as Gauri) is Bholenath – the guileless one – glory to Him!

Nandi-vāhana Sundarāṅga Hara,
Kandarpāri Bholā-nātha.
Chandra-chūḍa-dhara Śhaṅkara Sukha-kara,
Indrādi-vinuta Gaurī-nātha. (2)

Bholenath, the guileless one, has beautiful limbs,
(He is) the enemy of lust and has Nandi (a bull) as vehicle.
He Who bears the Moon on His head, Who is the bestower of happiness and is worshipped by gods like Indra, is Gauri's Lord.

Śhūla-ḍamaru-dhara Kāla-kāla-hara,
Phāla-netra Śhiva Bholā-nātha.
Bālendu Phāla Vyālāṅgaruṇḍa,
Mālādhara Hara Gaurī-nātha. (3)

Bearer of trident and Damaru (little drum), Death of death, with a third eye on His forehead is Bholenath – the guileless one.
With a crescent moon on his head, serpents entwined on various limbs, wearing a necklace of skulls is Gauri's Lord.

Jaṭā-mukuṭa-dhara Ghaṭa Ghaṭa Vyāpaka,
Naṭarājā Śhiva Bholā-nātha.
Kuṭila Kūla Khala Daitya Saṃhāri,
Naṭavara Śhubha-kara Gaurī-nātha. (4)

With a crown of mated locks and pervading every speck of space, king amongst the dancers is Shiva – the guileless one.
Destroyer of the crooked, wicked and demonical, dancer par excellence, bringer of auspiciousness is Gauri's Lord, victory to Him!

Śhiva Śhiva Bhava Bhava Nīla-kaṇṭha Śhiva,
Keśhava-priya Śhiva Bholā-nātha.
Śhiva-bhava Bhava-śhiva Bhava-bhaya-mochana,
Dāsa Keśhava-nuta Gaurī-nātha. (5)

Shiva, Shiva-Bhava (Existence Absolute) Bhava-Neelkantha (blue necked Shiva), Beloved of Vishnu is Shiva Bholenath – the guileless one.
Shiva-bhava Bhava-shiva (Existence Absolute, Existence Absolute) is Shiva,
Deliverer of the people from the bonds of worldly existence,
That consort of Gauri, Lord Shiva, the servant Keshava (the poet) worships.

OM SHIVA OM SHIVA PARATPARA

Oṃ Śhiva Oṃ Śhiva Parātpara,
Oṃkāra Śhiva Tava Śharaṇam. (1)

Om Shiva (the Auspicious One)... Paratpara (the Supreme Being)!
I take refuge in You, Omkara (the Sacred Syllable OM), Shiva.

Namāmi Śhaṅkara Bhajāmi Śhaṅkara,
Girijā Śhaṅkara Tava Śharaṇam. (2)

I bow to Shankara (the Benevolent), I worship Shankara,
I take refuge in You, Shankara, the Consort of Girija (Daughter of Himavan).

Gaurī Śhaṅkara Tava Śharaṇaṃ,
Bhavānī Śhaṅkara Tava Śharaṇam. (3)

I take refuge in You, Shankara, the Consort of Gauri (the radiant Goddess),
I take refuge in You, Shankara, the Consort of Bhavani (the Divine Mother).

Śhambho Śhaṅkara Tava Śharaṇaṃ,
Umā Maheśhvara Tava Śharaṇam. (4)

I take refuge in You, Shambho-Shankara (the Giver of bliss),
I take refuge in You, Shankara, the Consort of Uma (the Divine Mother).



HARA GAO

Hara Gāo Śhiva Gāo,
Hara Hara Śhiva Śhaṅkara Gāo. (1) Hara Gāo...
Sing, "Hara (the One Who withdraws the universe)!"
Sing, "Shiva (the Auspicious One)!" Sing, "Hara Hara Shiva Shankara (the Benevolent)!"

Jaya Umā-nātha Jaya Madanāntaka,
Jaya Śhiva Tripurāri Gāo. (2)
Glory to Shiva, the Lord of Uma! Glory to the Slayer of Madana (god of love)!
Sing, "Glory to Shiva-Tripurari (the Enemy of the demon King Tripurasura)!"

Ḍama Ḍama Ḍama Ḍama Ḍamarū Bāje,
Nandi Vāhana Gāo.
Jaya Umā Maheśhvara Gāo. (3) Hara Gāo...
He plays the Damaru (a drum) that sounds 'dama dama...!'
Sing, "He has the bull Nandi as His vehicle."
Sing, "Glory to Uma-Maheshvara (the Great God and Lord of Uma)!"

Jaya Gaṅgā-dhara Jaya Viśhveśhvara,
Jaya Jaya Bhavānī-vara Gāo. (4)
Glory to Gangadhara (Who bears the Ganges on His head)!
Glory to Vishveshvara (the Lord of the Universe)!
Sing, "Glory to Bhavani's Lord!"

Pāpa Vimochana Bhava Nirañjana,
Śhiva Mana Mohana Gāo.
Jaya Umā Maheśhvara Gāo. (5) Hara Gāo...
Who frees us from sin! Who is Pure!
Sing, "Shiva Mana-mohana (the Enchanter of the hearts)!"
Sing, "Glory to Uma-Maheshvara (the Great God and Lord of Uma)!"

Jaya Nāga Damana Jaya Nāga Bhūṣhaṇa,

Jaya Śhiva Gaṇa Bhūṣhaṇa Gāo. (6)
Glory to the Controller of the snakes! Glory to the One Who is adorned with snakes!
Sing, "Glory to Shiva, Who is the crowning Jewel of His attendants!"

Kalmaṣha Mochana Bhava Bhaya Haraṇa,
Śhiva Pañchānana Gāo.
Jaya Umā Maheśhvara Gāo. (7) Hara Gāo...
Who frees us from sin! Who destroys the fear of Samsara (the wheel of birth and death)!
Sing, "Shiva, the One with five faces!"
Sing, "Glory to Uma-Maheshvara!"



BOL SHANKAR

Bol Śhaṅkar, Bol Śhaṅkar
Śhaṅkar Śhaṅkar Bol,
Hara Hara Hara Hara Mahādeva
Śhambho Śhaṅkar Bol. (1)
Chant Shankara (the Benevolent), chant Shankara!
Shankara Shankara sing!
Hara (the One Who withdraws the universe)!
Mahadeva (the Great God)!
Shambho (the Benign) Shankara sing!

Bol Śhaṅkar, Bol Śhaṅkar
Śhaṅkar Śhaṅkar Bol,
Śhiva Śhiva Śhiva Śhiva Sadāśhiva
Śhambho Śhaṅkar Bol. (2)
Chant Shankara, chant Shankara!
Shankara Shankara chant!
Shiva (the Auspicious One)! Sadashiva (the Absolute)!
Shambho Shankara chant!

SALUTATIONS TO LORD SUBRAHMANYA, the Supreme Being, who is the ruler of this universe, who is the Indweller of our hearts, who is the second son of Lord Shiva, who bestows boons easily on His devotees, who is an embodiment of power, wisdom, love and bliss, who was born from the Divine energy, chit-shakti, of Lord Shiva and is considered as an incarnation of Lord Shiva Himself.

Lord Subrahmanya is the Commander-in-Chief of the Celestial Army. He carries in his hand a single-pointed spear. On his banner is a cock, the symbol for awakening. He is the one who can lead you to the Light, the one who knows the easiest way to scatter all the obstacles on your path, all that is undivine, all that is confronting you and slowing your progress on the path to blessedness. He bestows material and spiritual success to His devotees, even if they show just a little devotion to Him. Lord Subrahmanya's other names are Skanda, Guha, Muruga, Kumaresha, Sharavanabhava, Karttikeya, Shanmukha, and Velayudhan.

May His blessings be upon us all!

Tuesday
Dedicated to Lord Subrahmanya



Om Śharavaṇabhavāya Namaḥ

Om! Prostrations to Lord Subrahmanya.



SHLOKAS

Ṣhaḍānanaṃ Kuṅkuma-rakta-varṇaṃ,
Mahā-matiṃ Divya-mayūra-vāhanam.
Rudrasya Sūnuṃ Sura-sainya-nāthaṃ,
Guhaṃ Sadā Ahaṃ Śharaṇaṃ Prapadye.

I always take refuge in Guha, the six-faced Lord, Who is of deep red colour like saffron, Who possesses great knowledge, Who is mounted on a divine peacock, Who is the son of Rudra (Shiva) and the Chief of the celestial army.

Mayurādhi Rūḍaṃ Mahāvakya Gūḍaṃ,
Manohārī Dehaṃ Mahāchitta Geham.
Mahādeva Devaṃ Mahāveda Bhāvaṃ,
Mahādeva Bālaṃ Bhaje Loka Pālam.

O Son of Mahadeva (Shiva)! Mounted on the peacock chariot, being the essence of the great Mahavakyas (four sacred declarations), having a wonderfully attractive body and dwelling in the heart of great sages, O Thou, Who art the quintessence of the four Vedas, Thou art indeed the Lord of the Universe!

NADA BINDU KALADI NAMO NAMAH

(Tiruppugazh)

Nāda-bindu-kalādi Namo Nama
Veda-mantra-svarūpā Namo Nama
Jñāna-paṇḍita-svāmī Namo Nama – Vegu Kodi (1)
Praises to Him, Who is beyond sound, time and space;
Praises to Him, Who is the quintessence of the Veda mantras;
Praises to Him, Who is the Lord of jnanis (sages)! – Thousands of prostrations to Thee!

Nāma Śhambhu-kumārā Namo Nama
Bhoga Antari-bālā Namo Nama
Nāga-bandha-mayūrā Namo Nama – Para Śhūrar! (2)
Praises to Him, Who is the son of Shambhu (Shiva);
Praises to Him, Who protects the internal bliss;
Praises to Him, Who rides on the peacock
And controls the snake of the sense-vasanas of the devotees! – O Conqueror of the Asuras!

Chheda-daṇḍa-vinodā Namo Nama
Gīta-kiṅkiṇi-pādā Namo Nama
Dhīra-samprama-vīrā Namo Nama – Girirājā! (3)
Praises to Him, Who wields the "vel" (spear) in his hands;
Praises to Him, Whose anklets produce melodious sound;
Praises to Him, Who is the hero of great valour! – Master of the Mountains! [All the famous temples of Lord Subramanya are on top of hills.]

Dīpa-maṅgala Jyoti Namo Nama
Tūya Ambala-līlā Namo Nama
Deva-kuñjari-pāhā Namo Nama – Arul Tārāi! (4)
Praises to Him, Who is present in light offerings;
Praises to Him, Who dances in the hearts of devotees;
Praises to Him, Who has Devayani by His side! – Please bestow grace and bliss!

Īthalum Pala Kolala Pōjaiyum
Othalum Guna Achara Nīthiyum
Īramum Guru Sīrpātha Sevaiyum - Maravada! (5)
Doing charity and many grand worships,
Chanting, having a good nature and ethical standards,
Feeling for others and service to the Preceptor! – Let us not forget this!

Elthalam Pugal Kāverial Vilai
Choza Mandala Mīthe Manohara
Raja Gambīra Nādalum Nāyaka - Vayalura! (6)
All the seven worlds praise the Chola Kingdom fed by the River Cauvery.
There, in the city of Vayalur, You adorn the Temple
Like a King, enchanting the hearts of all.

Ādāram Payil Ārōrar Thozhamy
Serthal Kondavarode Munālinil
Ādal Vembari Mītheri Mākayi-lail - Eagi! (7)
In those days, the saint Ārōrar rode on the white elephant,
While his friend, the Chera King, followed him on his horse! –
Both taking the air route reached Mt. Kailash!

Ādhi Andhavula Āsu Pādiya
Cherar Konguvai Kāvur Nanadadhil
Āvinan Kudi Vazhvana Devargal - Perumālē! (8)
On Mt. Kailash, the Chera King sang the hymn Ādi Andavula:
"This King's kingdom is Kongu Vaikavur.
In that kingdom, in the town Āvinangudi,
You are adorning the Temple! – as the God of gods!"

Dīpa-mańgala Jyoti Namo Nama
Tūya Ambala-līlā Namo Nama
Deva-kuñjari-pāhā Namo Nama - Arultārāī! (9)
Praises to Him, Who is present in light offerings;
Praises to Him, Who dances in the hearts of devotees;
Praises to Him, Who has Devayani by His side! – Please bestow grace and bliss!

SUBRAHMANYAM SUBRAHMANYAM SHANMUKANATHA

Subrahmaṇyaṃ Subrahmaṇyam
Ṣhaṇmukha-nātha Subrahmaṇyam
Subrahmaṇyaṃ Subrahmaṇyaṃ Ṣhaṇmukha-nātha Subrahmaṇyam
Subrahmanyam (the Lord of good nature).
Shanmukhanatha (the Lord having six faces).

Śhiva Śhiva Śhiva Śhiva Subrahmaṇyam
Hara Hara Hara Hara Subrahmaṇyam
Śhiva Śhiva Hara Hara Subrahmaṇyam
Hara Hara Śhiva Śhiva Subrahmaṇyam
Hara (epithet of Lord Shiva).

Śhiva Śharavaṇabhava Subrahmaṇyam
Hara Śharavaṇabhava Subrahmaṇyam
Oṃ Śharavaṇabhava Subrahmaṇyam
Guru Śharavaṇabhava Subrahmaṇyam
Sharavanabhava (the Lord born in a reed forest).

Subrahmaṇyaṃ Subrahmaṇyaṃ Ṣhaṇmukha-nātha Subrahmaṇyam
Subrahmaṇyaṃ Subrahmaṇyaṃ Ṣhaṇmukha-nātha Subrahmaṇyam

VEL MURUGA

Vel-muruga Vel-muruga Vel-muruga Pāhi Mām,
Velāyudha Velāyudha Velāyudha Rakṣha Mām.
O Velmuruga (the Lord Who has a lance as a weapon) protect me!
O Velayudha (Who destroys the demons with His Vel, lance) save me!

HARA-HAROHARA HARA-HAROHARA

Hara-harōhara Hara-harōhara Hara-harōhara
Hara-harōhara Hara-harōhara Hara-harōhara.
Glory to God! Glory to God! Glory to God!
Glory to God! Glory to God! Glory to God!

Palanimalai Āṇḍavanukku Hara-harōhara
Swāmī-malai Āṇḍavanukku Hara-harōhara. (1)
Glory to that Lord Who has His abode at Palanimalai (a mountain).
Glory to that Lord Who resides at Swamimalai (a mountain).

Hara-harōhara Hara-harōhara Hara-harōhara. (2)
Glory to God! Glory to God! Glory to God!

Tirucchendūr Velanukku Hara-harōhara
Tiruppaṛaṅkuṇḍranukku Hara-harōhara (3)
Glory to that spear-wielding Lord Who resides at Thiruchendur.
Glory to that Lord Who resides at Tiruparangkundram.

Kadir Kāma Muruganukku Hara-harōhara
Thiruthani Vāsanukku Hara-harōhara. (4)
Glory to Lord Muruga Who resides at Kadhirkamam.
Glory to the Lord Who has His abode at Thiruthani.

Hara-harōhara Hara-harōhara Hara-harōhara.
Kārttikeya Svāmī Kī Jaya! (5)
Glory to God! Glory to God! Glory to God!
Victory to Lord Karttikeya!



VANNA MAYIL VAHANANE SHIVA

Vaṇṇa Mayil Vāhanane Śhiva
Bālasubrahmaṇiyane Vā
Iṅgu Icchaiyellām Unmele Vaithen,
Idhil Eḷḷalavum Ayyām Illaiye–Om Muruga! Vaṇṇa Mayil . . .

O Lord! Riding on a colourful Peacock,
Son of Lord Shiva, come!
I am focusing all my desires on You only;
In this not even a speck of doubt is there! Om Muruga!

Nenjamadhil Koil Vaithen Aṅgu
Nermai Enum Dīpam Vaithen
Nī Cheñjilambu Koñjiḍave Vā Muruga
Sevarkoḍi Mayil Vira! Vaṇṇa Mayil . . .

I have built a temple for You in my heart.
There I have lighted the lamp of 'Truth'.
With Your tinkling anklets, Muruga come!
With Your flag bearing the symbol of the Cock,
O valiant Hero! Come with Your Peacock!

SUBRAHMANYA SUBRAHMANYA

Subrahmaṇya Subrahmaṇya Subrahmaṇya Pāhi Mām,
Kārttikeya Kārttikeya Kārttikeya Rakṣha Mām.

O Subrahmanya (the Lord Who is very dear to Brahmanas) protect me!
O Karttikeya (the Krittikas's Son)... save me!

SHARAVANABHAVA

Śharavaṇabhava Śharavaṇabhava Śharavaṇabhava Pāhi Mām,
Kārttikeya Kārttikeya Kārttikeya Rakṣha Mām.

O Sharavanabhava (the One born in the reeds)... protect me!
O Karttikeya (the Krittikas's Son)... save me (from all problems, difficulties, sorrows and distress)!

Śharavaṇabhava Śharavaṇabhava Śharavaṇabhava Namaḥ Om,
Kārttikeya Kārttikeya Kārttikeya Śharaṇa Om.

Reverence to Sharavanabhava, Om!
Karttikeya... the Refuge, Om!

Vel-muruga Vel-muruga Vel-muruga Pāhi Mām,
Velāyudha Velāyudha Velāyudha Rakṣha Mām.

O Velmuruga (the Beautiful Lord who has a lance as a weapon) protect me!
O Velayudha (Who destroys the demons with His Vel, lance) save me!

Śharavaṇabhava Śharavaṇabhava Śharavaṇabhava Pāhi Mām,
Kārttikeya Kārttikeya Kārttikeya Rakṣha Mām.

O Sharavanabhava... protect me!
O Karttikeya... save me!

VEL ŪNDU

Vel Ūndu Vinai Illai, Mayil Ūndu Bhayam Illai
Guhan Ūndu Kurai Illai – Maname
Nam Guhan Ūndu Karai Illai - Maname.

The spear of the Lord destroys unlucky fate,
His peacock removes all fear.
Lord Guhan removes all our shortcomings, O mind!
Our Lord removes all our shortcomings, O mind!

SALUTATIONS TO LORD KRISHNA, the supreme incarnation of the great Vishnu. He was the unique and crowning incarnation of all. He was the Purna Avatara, the Perfect Incarnation. He was the world-teacher. He was a noble embodiment of all the great qualities of head and heart. He was a glorious and extraordinary personality. He exhibited miracles even when He was a child. The stories of his childhood illustrate lofty philosophical principles. He taught the supreme truths of Yoga, Bhakti and Vedanta to Arjuna and Uddhava and, through them, to all humanity. Shri Krishna is the ocean of bliss. The music of His flute thrilled the hearts of Gopis and ever attracts the minds of His devotees.

Though Lord Krishna appeared in human body, He had a divine body not composed of the five elements. He did not take birth here in the usual sense of the term. He did not die. He appeared and disappeared through His Yoga Maya (the power of divine illusion). This is a secret known only to His devotees, Yogis and sages.

May we all abide in Him forever and enjoy the eternal Bliss and supreme Peace!

Wednesday
Dedicated to Lord Krishna



Oṃ Namo Bhagavate Vāsudevāya.

Om! Postrations to Lord Vasudeva (Krishna).

SHLOKAS

Vasudeva-sutaṃ Devaṃ Kaṃsa-chāṇūra-mardanaṃ,
Devakī-paramānandaṃ Kṛishṇaṃ Vande Jagad-gurum.

I worship Lord Krishna, the Guru of the world, Who is the Son of Vasudeva, the Destroyer of Kamsa and Chanura, and the supreme Joy of Devaki (His mother).



Kṛishṇāya Vāsudevāya Haraye Paramātmane,
Praṇata-kleśha-nāśhāya Govindāya Namo Namaḥ.

Prostrations to Govinda (Who is also known as) Krishna, Vasudeva, Hari, and Paramatman (the Supreme Soul), Who destroys the sorrows of the devotee who bows down to Him.



Kṛishṇāya Vāsudevāya Devakī Nandanāya Cha
Nanda-gopa-kumārāya Govindāya Namo Namaḥ

Prostrations, again and again, to Lord Shri Krishna, the Son of Vasudeva, the Delight of Devaki, the Darling of Nandagopa, the Protector of cows.



Yaṃ Brahmā Varuṇendra-rudra-marutaḥ Stuvanti Divyaiḥ Stavaiḥ,
Vedaiḥ Sāṅga-pada-kramopaniṣhadair-gāyanti Yaṃ Sāmagāḥ.
Dhyānāvasthita-tad-gatena Manasā Paśhyanti Yaṃ Yogino,
Yasyāntaṃ Na Viduḥ Surāsura-gaṇaḥ Devāya Tasmai Namaḥ.

Prostrations to that God Who is eulogized with divine hymns by Brahma (the Creator), Varuna (the god of water), Indra (the lord of gods), Rudra (Shiva), and Marutas (the airs), about Whom the Sama chanters sing (when chanting) Vedas and their Angas (the six auxiliary sciences) in the Pada and Krama methods (specific manners of Vedic recitation), (Who is glorified) in the Upanishads,

Who is 'seen' by the Yogis in meditation when their minds are absorbed in Him and Whose limit is not known to gods and demons alike.



Mūkaṃ Karoti Vāchālaṃ Paṅguṃ Laṅghayate Giriṃ,
Yat Kṛipā Tam-ahaṃ Vande Paramānanda Mādhavam
I worship Madhava (Krishna), the Source of supreme bliss, Whose Grace makes the dumb eloquent and the cripple cross mountains.



Jayatu Jayatu Devo Devakī-nandano'yaṃ,
Jayatu Jayatu Kṛiṣhṇo Vṛiṣhṇi-vaṃśha-pradīpaḥ.
Jayatu Jayatu Megha-śhyāmalaḥ Komalāṅgo,
Jayatu Jayatu Pṛithvī-bhāra-nāśho Mukundaḥ.
All glories to the Supreme Lord Who is known as the son of Devaki!
All glories to Lord Krishna, Who appeared as the Light in the dynasty of Vrishnis!
All glories to the Lord with beautiful limbs, Whose dark blue complexion resembles rain-laden clouds!
All glories to Mukunda, Who lightens the burdens of Mother Earth!



Ādau Devaki-devi-garbha-jananaṃ Gopī-gṛihe Vardhanaṃ,
Māyā-pūtana-jīvitāpaharaṇaṃ Govardhanoddhāraṇam.
Kaṃsach-chhedana-kauravādi-hananaṃ Kuntī-sutā-pālanaṃ,
Etad Bhāgavataṃ Purāṇa-kathitaṃ Śhrī-kṛiṣhṇa-līlāmṛitam.
Beginning with birth from Devaki Devi's womb and then growing up in the house of the Gopi (cowherd woman, Yashoda), killing crafty Putana, holding up Mount Govardhana, destroying Kamsa and others, annihilating the Kauravas and their allies, protecting the sons of Kunti – these in short are the nectar-like Lilas of Shri Krishna contained in the epic called The Bhagavatam.

JAGANNATHASHTAKAM STOTRAM

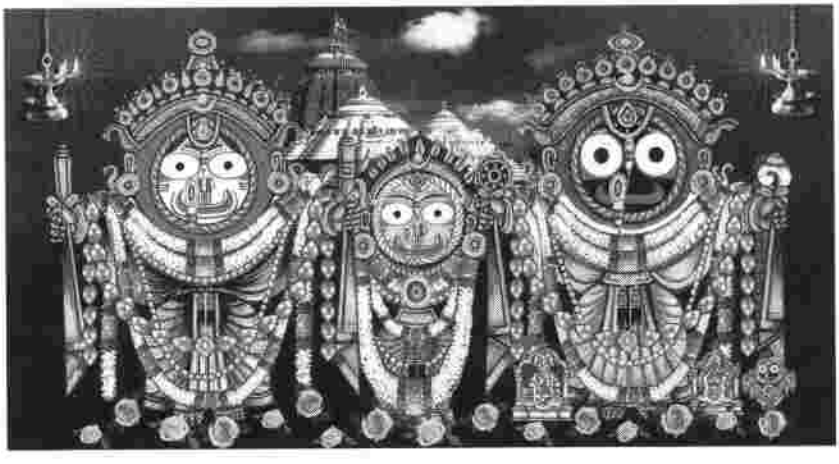
Shri Shankaracharya

Kadāchit Kālindī-taṭa Vipina-saṅgītaka-varo,
Mudā Gopī-nārī-vadana-kamalāsvāda-madhupaḥ.
Ramā-śhambhu-brahmā-amara-pati-gaṇeśhārchita-pado,
Jagannāthaḥ Svāmī Nayana-patha-gāmī Bhavatu Me! (1)

Sometimes in great happiness Lord Jagannatha makes a loud concert with His flute in the groves on the banks of the Yamuna. He is like a bumblebee Who tastes the beautiful lotus-like faces of the cowherd damsels of Vraja, and His lotus feet are worshiped by great beings such as Lakshmi, Shiva, Brahma, Indra and Ganesha. May that Jagannatha Swami be the object of my vision.

Bhuje Savye Veṇuṃ Śhirasi Śhikhi-piñchhaṃ Kaṭitaṭe,
Dukūlaṃ Netrānte Sahachara-kaṭākṣhaṃ Vidadhat.
Sadā Śhrimad-bṛindāvana-vasati-līlā-parichayo,
Jagannāthaḥ Svāmī Nayana-patha-gāmī Bhavatu Me. (2)

In His left hand Lord Jagannatha holds a flute. On His head He wears the feathers of peacocks and on His hips He wears fine yellow silken cloth. Out of the corners of His eyes He bestows sidelong glances upon His loving devotees. He always reveals Himself through His



pastimes in His divine abode of Vrindavana. May that Jagannatha Swami be the object of my vision.

Mahāmbhodhestīre Kanaka-ruchire Nīla-shikhare,
Vasan Prāsādāntaḥ Sahaja-balabhadreṇa Balinā.
Subhadrā-madhya-sthaḥ Sakala-sura-sevāvasarado,
Jagannāthaḥ Svāmī Nayana-patha-gāmī Bhavatu Me. (3)

Residing on the shore of the great ocean, within a large palace situated upon the crest of the brilliant, golden Nilachala Hill, along with His powerful brother Balabhadra, and in the middle of them, His sister Subhadra, Lord Jagannatha bestows the opportunity for devotional service upon all godly souls. May that Jagannatha Swami be the object of my vision.

Kṛipā-pārāvāraḥ Sajala-jalada-śhreṇi-ruchiro,
Ramā-vāṇī-soma Sphurad-amala-padmodbhava-mukhaiḥ.
Surendrair-ārādhyaḥ Śhruti-gaṇa-śhikhā-gīta-charito,
Jagannāthaḥ Svāmī Nayana-patha-gāmī Bhavatu Me. (4)

Lord Jagannatha is an Ocean of Mercy. He is beautiful like a row of dense rain clouds (on a parched horizon). He is glorified by Lakshmi (Rama), Sarasvati (Vani), and Uma as well as by the resplendent Lords of the gods, Shiva and Brahma (Padmodbhava), and other gods. His glory is sung in the Upanishads which are the crown-jewels of the Vedas. May that Jagannatha Swami be the object of my vision.

Rathārūḍho Gachchhan-pathi Milita-bhūdeva-paṭalaiḥ,
Stuti-prādur-bhāvaṃ Pratipadam-upākarṇya Sadayaḥ.
Dayā-sindhur-bandhuḥ Sakala-jagatāṃ Sindhu-sutayā,
Jagannāthaḥ Svāmī Nayana-patha-gāmī Bhavatu Me. (5)

When Lord Jagannatha is on His Ratha-yatra cart and is moving along the road, at every step there is a loud presentation of prayers and songs chanted by large assemblies of Brahmanas. Hearing their hymns Lord Jagannatha is very favorably disposed towards them. He is the ocean of mercy and the true friend of all the worlds. May that Jagannatha Swami along with the daughter of the ocean (Goddess Lakshmi) be the object of my vision.

Parabrahmā-pīḍaḥ Kuvalaya-dalotphulla-nayano,
Nivāsī Nīlādrau Nihita-charaṇo'nanta-śhirasi.
Rasānando Rādhā-sarasa-vapur-āliṅgana-sukho,
Jagannāthaḥ Svāmī Nayana-patha-gāmī Bhavatu Me. (6)

He is the crown-jewel of Lord Brahma and His eyes are like the full-blown petals of the lotus. He resides on the Nilachala Hill, and His lotus feet are placed on the hoods of Ananta (Adishesha, the ten thousand headed divine serpent). Lord Jagannatha is overwhelmed by the mellows of love and He becomes joyful while embracing the body of Srimati Radharani, which is like a cool pond. May that Jagannatha Swami be the object of my vision.

Na Vai Prārthyaṃ Rājyaṃ Na Cha Kanakatā Bhoga-vibhave,
Na Yāche'haṃ Ramyāṃ Nikhilajanakābhyāṃ Varavadhūṃ.
Sadā Kāle Kāle Pramatha-patinā Gīta-charito,
Jagannāthaḥ Svāmī Nayana-patha-gāmī Bhavatu Me. (7)

I do not pray for a kingdom or for gold, rubies and wealth. I do not ask for an excellent and beautiful wife as desired by all men. I simply pray that Jagannatha Swami, whose glories are always sung by Lord Shiva, be the constant object of my vision.

Hara Tvaṃ Saṃsāraṃ Drutataram-asāraṃ Sura-pate,
Hara Tvaṃ Pāpānāṃ Vitatim-aparāṃ Yādava-pate.
Aho Dīnānāthaṃ Nihitam-achalaṃ Pātumaniśhaṃ,
Jagannāthaḥ Svāmī Nayana-patha-gāmī Bhavatu Me. (8)

O Lord of the celestials, please quickly remove this useless material existence I am undergoing. O Lord of the Yadus, please destroy this vast ocean of sins which has no shore. Alas! This is certain: the Lord's lotus feet are bestowed upon those who feel themselves fallen and have no shelter in this world but Him. May that Jagannatha Swami be the object of my vision.



BHAJA GOVINDAM IN 12 VERSES

Shri Shankaracharya

Bhaja Govindaṃ Bhaja Govindaṃ, Bhaja Govindaṃ Mūḍha-mate.
Samprāpte Sannihite Kāle Na Hi Na Hi Rakṣhati Ḍukṛiñ-karaṇe. (1)
Bhaja . . .

Do Bhajan (praise or worship) of Govinda! Do Bhajan of Govinda! Seek Govinda! O fool! When death nears, (secular knowledge and terse sayings of grammar) like "Dukriñkarane" will not save you!

Kā Te Kāntā Kaste Putraḥ Saṃsāro'yam-atīva Vichitraḥ.
Kasya Tvaṃ Kaḥ Kuta Āyātas-tattvaṃ Chintaya Yadidaṃ Bhrāntaḥ. (2)
Bhaja . . .

Who is your wife? Who is your son? Mysterious indeed is this Samsara (worldly existence). Whose are you? From whence have you come? O brother, reflect on this Tattwa (principle)!

Satsaṅgatve Niḥsaṅgatvaṃ Niḥsaṅgatve Nirmohatvam.
Nirmohatve Niśhchalitatvaṃ Niśhchalitatve Jīvan-muktiḥ. (3)
Bhaja . . .

From the company of the wise (Satsanga) arises non-attachment; from non-attachment arises freedom from delusion; when there is freedom from delusion, there arises steadiness of the mind; from steadiness comes Jivanmukti (liberation while alive).

Mā Kuru Dhana-jana-yauvana-garvaṃ Harati Nimeṣhāt Kālaḥ Sarvaṃ,
Māyā-mayam-idam-akhilaṃ Hitvā Brahma-padaṃ Tvaṃ Praviśha Viditvā. (4)
Bhaja . . .

Do not be puffed up with the pride of wealth, with the people (under your command), with your youthfulness. Time (Yama, the Lord of Death) sweeps away everything in a moment. Leaving aside all these, after knowing their illusory nature, attain knowledge (of the Self) and enter into Brahman (i.e. become one with Brahman or the Absolute).

Dinayāminyau Sāyaṃ-prātaḥ Śhiśhira-vasantau Punar-āyātaḥ,
Kālaḥ-krīḍati Gachchhatyāyus-tad-api Na Muñchatyāśhā-vāyuḥ. (5)
Bhaja . . .

Day and night, dawn and dusk, Sisira and Vasanta (winter and spring) come again and again. Time rolls on and our life ebbs away. Even then desire does not leave us.

Kā Te Kāntā Dhana-gata-chintā Vātula Kiṃ Tava Nāsti Niyantā,
Trijagati Sajjana-saṅgatir-ekā-bhavati Bhavārṇava-taraṇe Naukā. (6)
Bhaja . . .

O deluded one! Why are you engrossed in thoughts of spouse and wealth? Have you no one to guide you? Satsanga (company of the wise) even for a moment will itself serve you like a boat for crossing the ocean of births and deaths.

Yoga-rato Vā Bhoga Rato Vā Saṅga-rato Vā Saṅga-vihīnaḥ,
Yasya Brahmaṇi Ramate Chittaṃ Nandati Nandati Nandaty-eva. (7)
Bhaja . . .

One may be engaged in Yoga or Bhoga (worldly enjoyments); he may be attached or unattached; (but) he whose mind takes delight in Brahman (the Absolute), he alone enjoys bliss; verily he alone enjoys bliss.

Punar-api Jananaṃ Punar-api Maraṇaṃ Punar-api Jananī-jaṭhare Śhayanaṃ,
Iha Saṃsāre Bahu-dustāre Kṛipayāpāre Pāhi Murāre. (8)
Bhaja . . .

Again birth, again death, again lying in the mother's womb! In this Samsaric process that is so difficult to cross over, O Lord, protect me with supreme compassion!

Rathyā-karpaṭa-virachita-kanthaḥ puṇyāpuṇya-vivarjita-panthaḥ,
Yogī Yoga-niyojita-chitto Ramate Bālonmattavad-eva. (9)
Bhaja . . .

The Yogin who wears but a Godadi (rags stitched together into a cloth), who walks the path that is beyond merit and demerit, whose

mind is joined in perfect union with its goal, he enjoys bliss only and lives thereafter like a child, or one intoxicated.

Tvayi Mayi Chānyatraiko Viṣhṇur-vyartham Kupyasi Mayy-asahiṣhṇuḥ,
Sarvasminnapi Paśhyātmānam Sarvatrotsṛija Bhedājñānam. (10)

Bhaja . . .

In you, in me and everywhere exists the same All-pervading Reality (Vishnu). Being impatient, you are unnecessarily getting angry in vain. Behold the one Self alone in all. Abandon everywhere the ignorance of difference.

Geyam Gītā-nāma-sahasram Dhyeyam Śhrīpati-rūpam-ajasram,
Neyam Sajjana-saṅge Chittam Deyam Dīna-janāya Cha Vittam. (11)

Bhaja . . .

Daily chant the Gita and the Sahasranama (thousand names of the Lord). Meditate on Lord Vishnu, the Lord of Lakshmi, uninterruptedly. Lead your mind to Satsanga. Give your wealth to the poor and the afflicted.

Guru-charaṇāmbuja-nirbhara-bhaktaḥ Saṃsārād-achirād-bhava Muktaḥ,
Sendriya-mānasa-niyamād-evam Drakṣhyasi Nija-hṛidayastham Devam. (12)

Bhaja . . .

Have full devotion to the lotus feet of the Guru and quickly attain liberation from Samsara. If you control your mind and senses thus, you will behold the Lord (Brahman) seated in your own heart.

GOVINDA BOLO

Govinda Bolo, Hari Gopāla Bolo,
Rādhā Ramaṇa, Hari Govinda Bolo.

Repeat, "Govinda (the Protector of the cows), Hari (the Destroyer of evil) and Gopala (the Cowherd)."

Repeat, "Radha-ramana (Radha's Beloved), Hari and Govinda."

ADHARAM MADHURAM STOTRAM

Sri Vallabhacharya

Adharaṃ Madhuraṃ Vadanaṃ Madhuraṃ,
Nayanaṃ Madhuraṃ Hasitaṃ Madhuram.
Hṛidayaṃ Madhuraṃ Gamanaṃ Madhuraṃ,
Madhurādhi-pater-akhilaṃ Madhuram. (1)

Sweet are His lips and sweet His face,
Sweet are His eyes and sweet His smiles.
Sweet is His heart and sweet His gait;
The Lord of sweetness (Shri Krishna) is entirely sweet.

Vachanaṃ Madhuraṃ Charitaṃ Madhuraṃ,
Vasanaṃ Madhuraṃ Valitaṃ Madhuram.
Chalitaṃ Madhuraṃ Bhramitaṃ Madhuraṃ,
Madhurādhi-pater-akhilaṃ Madhuram. (2)

Sweet are His words and sweet His actions.
Sweet are His cloths and sweet His posture.
Sweet are His movements and sweet His gestures; the Lord of sweetness...

Veṇur-madhuro Reṇur-madhurah,
Pāṇir-madhuraḥ Pādau Madhurau.
Nṛityaṃ Madhuraṃ Sakhyaṃ Madhuraṃ,
Madhurādhi-pater-akhilaṃ Madhuram. (3)

Sweet is His flute and sweet the dust of His feet,
Sweet are His hands and sweet His feet.
Sweet is His dance and sweet His friendship; the Lord of sweetness...

Gītaṃ Madhuraṃ Pītaṃ Madhuraṃ,
Bhuktaṃ Madhuraṃ Suptaṃ Madhuram.
Rūpaṃ Madhuraṃ Tilakaṃ Madhuraṃ,
Madhurādhi-pater-akhilaṃ Madhuram. (4)

Sweet is His song and sweet His pure drink,
Sweet is His food and sweet His sleep.

Sweet is His form and sweet the sacred mark on His forehead; the Lord of sweetness...

Karaṇaṃ Madhuraṃ Taraṇaṃ Madhuraṃ,
Haraṇaṃ Madhuraṃ Ramaṇaṃ Madhuram.
Vamitaṃ Madhuraṃ Śhamitaṃ Madhuraṃ,
Madhurādhi-pater-akhilaṃ Madhuram. (5)

Sweet is His action and sweet His ways of salvation,
Sweet is His enchantment and sweet His pranks.
Sweet is His mouth and sweet His resting; the Lord of sweetness...

Guñjā Madhurā Mālā Madhurā,
Yamunā Madhurā Vīchī Madhurā.
Salilaṃ Madhuraṃ Kamalaṃ Madhuraṃ,
Madhurādhi-pater-akhilaṃ Madhuram. (6)

Sweet is His Guñja (a small red-black berry that Krishna was fond of) and sweet His garland,
Sweet is Yamuna and sweet Her rippling,
Sweet is the stream and sweet the lotus; the Lord of sweetness...

Gopī Madhurā Līlā Madhurā,
Yuktaṃ Madhuraṃ Muktaṃ Madhuram.
Dṛiṣhṭaṃ Madhuraṃ Śhiṣhṭaṃ Madhuraṃ,
Madhurādhi-pater-akhilaṃ Madhuram. (7)

Sweet are His maids (Gopis) and sweet His frolics (Lilas),
Sweet is His union and sweet His parting.
Sweet is His vision and sweet the remnant (left after the Lord's enjoyment); the Lord of sweetness...

Gopā Madhurā Gāvo Madhurā,
Yaṣhṭir-madhurā Sṛiṣhṭir-madhurā.
Dalitaṃ Madhuraṃ Phalitaṃ Madhuraṃ,
Madhurādhi-pater-akhilaṃ Madhuram. (8)

Sweet are His mates (Gopas) and sweet His cows,
Sweet is His staff and sweet His creation.
Sweet is His wrath and sweet His grace; the Lord of sweetness...



DARSHANA DO GHANASHYAMA

Shri Narsi Mehta

Darśhana Do Ghana-śhyāma Nātha Morī
Aňkhiyā Pyāsī Re
Mana-mandir Kī Jyoti Jagā Do
Ghaṭa-ghaṭa-vāsī Re. Darśhana Do . . .

O my Lord Ghanashyama (with the complexion of the cloud-laden sky),
Grant me Thy Darshan (reveal Thyself to me).
My eyes are thirsty to behold Thee.
Enlighten the temple of my heart, O Indweller of all beings!

Mandir-mandir Mūrat Terī
Phir Bhī Na Dekhī Sūrat Terī
Yuga Bīte Na Āyī Milana Kī
Pūranamāsī Re. (1) Darśhana Do . . .

Thy image is worshipped in every temple,
Even then I am unable to behold Thee.
Though ages have passed, the full-moon night of meeting Thee has not yet come.
O Lord Ghanashyama, grant me Thy Darshan...!

Dvāra Dayā Kā Jaba Tū Khole,
Pañchama Svara Meň Gūňgā Bole
Andhā Dekhe Laňgṛā Chala Kara
Pahuňche Kāśhī Re. (2) Darśhana Do . . .

When the door of mercy Thou opens,
The dumb begin singing in beautiful melodious voices,
The blind can see, and the lame walking on foot reach Kashi (Varanasi).
O Lord Ghanashyama, grant me Thy Darshan...!

Pānī Pīkara Pyāsa Bujhāūň
Neinana Ko Keise Samajhāūň
Āňkha-michoulī Chhoṛo Ab To
Mana Ke Vāsī Re. (3) Darśhana Do . . .

Thirst can be quenched by drinking water,
But how to console my eyes?
Now please give up Thy game of hide and seek.
Thou art the Indweller of my heart.
O Lord Ghanashyama, grant me Thy Darshan...!

Nirbala Ke Bala Dhana Nirdhana Ke
Tum Rakhavāre Bhakta-janana Ke
Tere Bhajana Meň Sab Kuchh Pāūň
Miṭe Udāsī Re. (4) Darśhana Do . . .

The strength of the weak and the wealth of the poor,
Thou art the protector of Thy devotees.
Everything comes by worshipping Thee
And depression and sorrows are removed.
O Lord Ghanashyama, grant me Thy Darshan...!

Nāma Jape Par Tujhe Na Jāne
Unko Bhī Tū Apnā Māne
Terī Dayā Kā Anta Nahīň Hei
He Dukha-nāśhī Re. (5) Darśhana Do . . .

Some repeat Thy Name, but do not know Thee.
Thou considers them also to be Thy own.
Thy compassion is boundless, O Destroyer of all sorrows!
O Lord Ghanashyama, grant me Thy Darshan...!

Āja Pheisalā Tere Dvāra Para
Merī Jīta Hei Terī Hāra Para
Hāra Jīta Hei Terī Meiň To
Charana-upāsī Re. (6) Darśhana Do . . .

Today Thou art to pronouce the verdict. My victory depends on Thy defeat.
In fact, both victory and defeat are Thine. I simply worship Thy lotus feet.
O Lord Ghanashyama, grant me Thy Darshan...!

Dvāra Khaṛā Kab Se Matvālā
Māňge Tumse Hāra Tumhārā

'Narsī' Kī Ye Binatī Suna Lo
Bhakta-vilāsī Re. (7) Darśhana Do . . .
For a long time I have been standing intoxicated at Thy door, begging for Thy defeat! Kindly hearken to the prayer of Narsi (the poet-Saint), Thou who art full of affection for Thy devotees!
O Lord Ghanashyama, grant me Thy Darshan...!

Lāja Na Luṭ Jāye Prabhu Terī,
Nātha Karo Na Dayā Meṅ Derī
Tīnoṅ Loka Chhoṛa Kara Āo
Gagana-nivāsī Re. (8) Darśhana Do . . .
O Lord! Delay not Thy mercy or tarnished will be Thy reputation!
O Master! Leave the three worlds behind and come, come to me!
O Lord Who pervades the entire universe!
O Lord Ghanashyama, grant me Thy Darshan...!

BHAKTAVATSALA GOVINDA

Bhakta-vatsala Govinda, Bhāgavata-priya Govinda.
Affectionate to devotees, Govinda! Beloved of devotees, Govinda!

Patita-pāvana Govinda, Parama-dayālo Govinda.
Redeemer of the fallen, Govinda! The most compassionate, Govinda!

Nanda-mukunda Govinda, Navanīta-chora Govinda.
Son of Nanda, Who bestows liberation, Govinda!
Who steals butter, Govinda!

Veṇu-vilola Govinda, Vijaya Gopāla Govinda.
Flute player, Govinda! Victory to Gopala Govinda!

Karuṇā-sāgara Govinda, Kamanīyānana Govinda.
Ocean of compassion, Govinda! Most lovely, Govinda!

GOPALA GOKULA VALLABHIPRIYA

Saint Tulsidas

Gopāla-gokula-vallabhī-priya, Gopa Gosuta-vallabham.
Charaṇāravindam Ahaṃ Bhaje, Bhajanīya Sura-muni-durlabham. (1)

O Gopala (a name of Lord Krishna)! Beloved of the damsels of Gokula! Lord of the cowherds, cows and calves! O worshipful Lord, I worship Thy lotus feet, which even the Devas (gods) and the Rishis (seers of the Truth) find difficult of attainment!

Ghana-śhyāma Kāma Aneka Chhavi, Lokābhirāma Mano-haram.
Kiñjalka-vasana Kiśhora Mūrati, Bhūri Guṇa Karuṇākaram. (2)

O Thou of the darkish blue hue like the thickly laden clouds, Who hast the splendour of countless cupids, Who delights the worlds, Who is so beautiful as to attract the minds of all, Who wears yellow silken cloth, Who is endowed with many good qualities and Who is most compassionate, (I worship Thy lotus feet).

Śhira-keki-pichchha Vilola-kuṇḍala, Aruṇa Vanaruha Lochanam.
Guñjāvataṃsa Vichitra Saba Aṅga, Bhakta-bhava-bhaya-mochanam. (3)

O Thou Whose head is adorned with a peacock's feather, Who hast swaying earrings, Whose eyes are like the lotus, Who wears flower garlands around your neck, Whose limbs are very graceful, Who liberates (the devotees) from the fear of birth and death (I worship Thy lotus feet).

Kacha-kuṭila Sundara-tilaka-bhrū, Rākā-mayaṅka-samānanam.
Apaharaṇa-tulasīdāsa-trāsa, Vihāra Vṛindākānanam. (4)

O Thou, Who hast curly hair, a beautiful Tilak (holy mark on the forehead), charming eye-brows and a face equal to the full moon, Who destroys the fears of Tulsidas and Who sports in the forests of Vrindavan, (I worship Thy lotus feet).

BHAJA RE GOPALAM

Shri Sadashivabrahmendra

Bhaja Re Gopālaṃ Mānasa, Bhaja Re Gopālam.
Worship Gopala, O my mind! Worship Gopala!

Bhaja Gopālaṃ Bhajita-kuchelaṃ,
Trijagan-mūlaṃ Diti-suta-kālam. (1) Bhaja Re . . .
Worship Gopala, Who is worshipped by Kuchela (Sudama, a childhood friend of Krishna),
Who is the source of the three worlds, Who is the cause of the death of Diti's sons (demons).

Āgama-sāraṃ Yoga-vichāraṃ,
Bhoga-śharīraṃ Bhuvanādhāram. (2) Bhaja Re . . .
Worship Him Who is the quintessence of the Vedas,
Who is sought by Yoga, Whose body is Bliss and Who is the support of the universe.

Kadana-kuṭhāraṃ Kaluṣha-vidūraṃ,
Madana-kumāraṃ Madhu-saṃhāram. (3) Bhaja Re . . .
Worship Him Who is beyond sins and Who dispels ignorance, Whose son is the God of Love and Who destroyed Madhu (a demon).

Nata Mandāraṃ Nanda-kiśhoraṃ,
Hata-chāṇūraṃ Haṃsa-vihāraṃ. (4) Bhaja Re . . .
Worship Him, the Son of (the cowherd king) Nanda, Who is the wish-fulfilling tree for His devotees, Who killed Chanura (the evil wrestler) and Who delights in the company of (the great saints), the Paramahamsas.

KAMALA VALLABHA

Kamalā-vallabha Rādhe-śhyāma
Kamanīyānana Rādhe-śhyāma. (1)
With a face resembling a beautiful lotus,
Radheshyam (Radha's blue coloured Krishna),
The Lord of Lakshmi, Radheshyam.

Kanakāmbara-dhara Rādhe-śhyāma
Kaustubha-bhūṣhaṇa Rādhe-śhyāma. (2)
Radheshyam, wearing yellow silken cloth,
Radheshyam, adorned with the Kaustubha gem.

Akhaṇḍa-svarūpa Rādhe-śhyāma
Amita-parākrama Rādhe-śhyāma. (3)
Radheshyam, of indivisible form,
Radheshyam, of enormous valour.

Aparich-chhinna Rādhe-śhyāma
Amara-jana-priya Rādhe-śhyāma (4)
Radheshyam, the unlimited,
Radheshyam, dear to the gods.

RADHE GOVINDA BHAJO RADHE GOPAL

Rādhe Govinda Bhajo Rādhe Gopāl,
Rādhe Govinda Bhajo Rādhe Gopāl.
Worship Radha (the Beloved of Krishna)
and Govinda (Krishna, the Protector of the cows)!
Worship Radha and Gopala (the Cowherd)!

EHI MUDAM

Ehi Mudaṃ Dehi Me Śhrī Kṛiṣhṇa Kṛiṣhṇa,
Pāhi Māṃ Gopāla-bāla Kṛiṣhṇa Kṛiṣhṇa. (1)
Give me this Bliss, O Krishna! Cowherd-boy, I take refuge in Thee.

Nanda-gopa-nandana Śhrī Kṛiṣhṇa Kṛiṣhṇa,
Vṛindāvana-chandra Śhrī Kṛiṣhṇa Kṛiṣhṇa. (2)
O Krishna! Delight of Nanda and Gopas, the Moon of Brindavan!

Rādhā-mana-mohana Śhrī Kṛiṣhṇa Kṛiṣhṇa,
Mādhava Dayānidhe Śhrī Kṛiṣhṇa Kṛiṣhṇa. (3)
O Krishna! Enchanter of the mind of Radha! O Madhava (Consort of Maha Lakshmi)! Ocean of Compassion!

Bhakta-paripālaka Śhrī Kṛiṣhṇa Kṛiṣhṇa,
Bhakti-mukti-dāyaka Śhrī Kṛiṣhṇa Kṛiṣhṇa. (4)
Protector of devotees! Bestower of devotion and liberation!

Gopī-jana-vallabha Śhrī Kṛiṣhṇa Kṛiṣhṇa,
Gopa-kula-pālaka Śhrī Kṛiṣhṇa Kṛiṣhṇa. (5)
The beloved of the Gopis! Protector of the Gopas!

Sarva-loka Nāyaka Śhrī Kṛiṣhṇa Kṛiṣhṇa,
Sarva-jagan-mohana Śhrī Kṛiṣhṇa Kṛiṣhṇa. (6)
The Leader of the whole world! Enchanter of the entire universe!

Sach-chid-ānanda (Kṛiṣhṇa) Sach-chid-ānanda.
Sach-chid-ānanda (Guru) Sach-chid-ānanda. (7)
Thou, Krishna, art Existence-Knowledge-Bliss.
Thou, Guru, art Existence-Knowledge-Bliss.

PRABHU MORE

Saint Surdas

Prabhu More Avaguna Chitta Na Dharo,
Samadaraśhī Hei Nāma Tihāro, Chāho To Pāra Karo.
O Lord! Be not conscious of my sins!
By equal vision You are known.
And if only You wish, You can take me across
(The ocean of existence) to the Beyond.

Ika Nadiyā Ika Nāra Kahāvata, Meiloň Nīra Bharo,
Jaba Dou Mil Kei Eka Barana Bhaye, Surasari Nāma Paryo. (1)
Prabhu More Avaguna...
One is known as a stream, and another as a drain of water impure.
But on meeting as they turn one,
They become known as the river Surasari (the Ganges).
O Lord, be not conscious of my sins...

Ika Lohā Pūjā Meň Rākhata, Ika Ghara Badhika Paryo,
Pārasa Guna Avaguna Nahīň Chitavata, Kañchana Karata Kharo. (2)
Prabhu More Avaguna...
One piece of iron is used in worship,
And another in the butcher's blade.
The Philosopher's stone sees not any difference,
Converting both to gold.
O Lord, be not conscious of my sins...

Eka Jīva Eka Bhrama Kahāvata, Sūra Śhyam Jhagaro,
Aba Kī Bera Mohi Pāra Utārou Nahīň Prāna Jāta Ṭaro. (3)
Prabhu More Avaguna...
One is known as 'a bound soul', and another as 'the Supreme',
But both are one in (the poet) Surdas's Shyam (Lord Krishna).
There came a quarrel between Surdas and Shyam:
"This time You must take me across to the Beyond,
Or Your vow to be our Saviour will prove false!"
O Lord, be not conscious of my sins...

GOVINDA DAMODARA PRARTHANA

Govinda Merī Yaha Prārthanā Hei,
Bhūlūň Na Meiň Nāma Kabhī Tumhārā.
Niṣhkāma Hoke Dina-Rāta Gāūň,
Govinda Dāmodara Mādhaveti. (1)

O Govinda (Protector of cows)! This is my prayer:
Let me not forget Your Name at any time!
Let me sing Your Name day and night without any expectation. (Let me sing), "Govinda, Damodara (Who is known by a purified mind), Madhava (the Lord of Mother Lakshmi)!"

Govinda Dāmodara Mādhaveti,
He Kṛiṣhṇa He Yādava He Sakheti.
Dehānta Kāle Tuma Sāmane Ho,
Bansī Bajāte Mana Ko Lubhāye. (2)

(Let me sing), "Govinda, Damodara, Madhava!
O Krishna! O Yadava (Descendent of Yadu)! O Sakha (Friend)!"
At the time of my death, may You be before me,
May You make Your flute sing, may You steal my heart!

Gātā Yahī Meň Tana Nātha Tyāgūň,
Govinda Dāmodara Mādhaveti.
Govinda Dāmodara Mādhaveti,
He Kṛiṣhṇa He Yādava He Sakheti. (3)

O Lord! May I leave my body singing only this:
"Govinda, Damodara, Madhava!
"O Krishna! O Yadava! O Sakha!"

ANA SUNDARA SHYAM

Ānā Sundara Shyām Hamāre Ghara Kīrtana Meň,
Āpa Bhī Ānā, Rādhā Jī Ko Lānā,
Ākar Muralī Bajānā Hamāre Ghara Kīrtana Meň. Ānā ...

O our Beautiful Shyam (Krishna)!
Come and attend the Kirtan (devotional singing session) at our home!
Please come and also bring revered Radhaji along with You!
Please come and play Your flute during the Kirtan at our home!
O our Beautiful Shyam...

Āpa Bhī Ānā, Śhaṅkar Jī Ko Lānā,
Ākar Ḍamarū Bajānā Hamāre Ghara Kīrtana Meň. (1) Ānā ...

Please come and also bring revered Shankarji along with You!
Please come and play the Damaru (the little drum) during the Kirtan at our home!
O our Beautiful Shyam...

Āpa Bhī Ānā, Gopiyoň Ko Lānā,
Ākar Rāsa Rachānā Hamāre Ghara Kīrtana Meň. (2) Ānā ...

Please come and bring the Gopis (the milk-maids) along with You!
Come and perform the Rasa Dance during the Kirtan at our home!
O our Beautiful Shyam...

Āpa Bhī Ānā, Gvālāoň Ko Lānā,
Mākhana Miśhrī Khilānā Hamāre Ghara Kīrtana Meň. (3) Ānā ...

Please come and bring the cowherd boys along with You!
Come and feed us with fresh butter and sugar candy during the Kirtan at our home!
O our Beautiful Shyam...

Āpa Bhī Ānā, Nārad Jī Ko Lānā,
Ākar Vīṇā Bajānā Hamāre Ghara Kīrtana Meň. (4) Ānā ...

Please come and bring revered Naradaji along with You!
Come and play the Vina (lute) during the Kirtan at our home!
O our Beautiful Shyam...

Āpa Bhī Ānā, Śhabrī Jī Ko Lānā,
Ākar Bera Khilānā Hamāre Ghara Kīrtana Meň. (5) Ānā ...
Please come and bring revered Shabariji along with You!
Come and feed us berries during the Kirtan at our home!
O our Beautiful Shyam...

Āpa Bhī Ānā, Sudāma Jī Ko Lānā,
Ākar Tandula Khilānā Hamāre Ghara Kīrtana Meň. (6) Ānā ...
Please come and bring revered Sudamaji along with You!
Come and feed us parched rice during the Kirtan at our home!
O our Beautiful Shyam...

Āpa Bhī Ānā, Ūdhav Jī Ko Lānā,
Ākar Jñāna Sunānā Hamāre Ghara Kīrtana Meň. (7) Ānā ...
Please come and bring revered Udhavaji along with You!
Come and impart the wisdom teachings during the Kirtan at our home!
O our Beautiful Shyam...

Āpa Bhī Ānā, Arjun Jī Ko Lānā,
Ākar Gītā Sunānā Hamāre Ghara Kīrtana Meň. (8) Ānā ...
Please come and bring revered Arjunaji along with You!
Come and teach us the Gita during the Kirtan at our home!
O our Beautiful Shyam...

Āpa Bhī Ānā, Mīrā Jī Ko Lānā,
Bhakti Ka Bhajana Sunānā Hamāre Ghara Kīrtana Meň. (9) Ānā ...
Please come and bring revered Miraji along with You!
Come and sing devotional songs during the Kirtan at our home!
O our Beautiful Shyam...

Āpa Bhī Ānā, Svāmī Jī Ko Lānā,
Ākar Dhyāna Sikhānā Hamāre Ghara Kīrtana Meň. (10) Ānā ...
Please come and bring revered Swamiji along with You!
Come and teach us meditation during the Kirtan at our home!
O our Beautiful Shyam...

HE GIRIDHARA GOPALA

He Giridhara Gopāla,
He Giridhara Gopāla
He Giridhara Gopāla.
O Giridhara (Who lifted the mountain Govardhana), Gopala (the Cowherd)!

Mādhava Murahara Madhura Manohara
Giridhara Gopāla. (1) He Giridhara...
O Madhava! (the Lord of the Goddess Lakshmi), Murahara (the Slayer of the demon Mura),
Madhura (the Sweet One), Manohara (the Charming One)! Giridhara Gopala.
O Giridhara...

Nanda Kumāra Sundarākāra,
Bṛindāvana Sañchāra, Muralīlola
Munijana Pāla. (2) He Giridhara...
O prince of Nanda Who has a beautiful form!
You move about in Brindavana playing enchanting music with Your flute.
O Protector of sages and saints!
O Giridhara...

Kaustubhahāra , Mauktikādhāra,
Rādhā Hṛidaya Bihāri, Bhaktoddhāra
Bāla Gopāla Giridhara Gopāla. (3) He Giridhara...
You wear the Kaustubha jewel and a necklace of pearls;
You charm Radha's heart and uplift the devotee.
O Child Gopala! Giridhara Gopala!
O Giridhara...

He Nandalāla, Goparipāla,
Agaṇita Guṇa Śhīla, Rāsa Vilola
Tulasī Māla. (4) He Giridhara...

O Son of Nanda, Protector of cows!
Your virtues are innumerable! You are enthralled by the Rasa,
And wear a tulsi garland.
O Giridhara...

He Avatāre, Nanda Dulāre,
Rākho Lāja Hamāre, Kuñja Bihāri
Kṛiṣṇa Murāri. (5) He Giridhara...
O Divine Incarnation! Nanda's darling!
Preserve our modesty, O You Who sports on the banks of the Yamuna!
O Krishna! O Murari (the Enemy of the demon Mura)!
O Giridhara...



JAYA GOPAL

Jaya Gopāl Jaya Gopāl
Jaya Mana-mohana Jaya Nandalāl.
Glory to Gopala (the Cowherd)! Glory to Gopala!
Glory to Manamohana (the Charmer of the heart)! Glory to Nanda's Son!



SHRI KRISHNA GOVINDA

Śhrī Kṛiṣhṇa Govinda Hare Murāre,
He Nātha Nārāyaṇa Vāsudeva.
O Lord Krishna, Govinda (the Protector of the cows),
Hari (the Destroyer of sorrows), Murare (the Enemy of the demon Mura)!
O Lord Narayana (the Refuge of everyone), Vasudeva's Son!



KRISHNA GOVINDA GOVINDA

Kṛishṇa Govinda Govinda Gāte Chalo,
Mana Ko Viṣhayoṅ Ke Viṣha Se Haṭāte Chalo.
Go on singing Lord Krishna's Name: "Govinda, Govinda."
Go on weaning the mind away from the poison of sensual pleasures.

Dekhanā Indriyoṅ Ke Na Ghoṛe Bhageṅ,
Rāta Dina Inape Saṃyam Ke Koṛe Lageṅ.
Apane Ratha Ko Sumārga Meṅ Baṛhāte Chalo. (1) Kṛishṇa...
Be alert! See that the sense-horses do not go astray.
Day and night restrain them with the reins of self-control,
And direct the chariot of your life forward upon the right path.

Nāma Japate Chalo, Kāma Karate Chalo,
Nāma Dhana Kā Khajānā Baṛhāte Chalo. (2) Kṛishṇa...
Repeat the Name of God even while working;
Go on increasing the treasure-house of the Lord's Name.

Sukh Meṅ Sonā Nahiṅ, Duḥkh Meṅ Ronā Nahiṅ,
Prema Bhakti Ke Ānsū Bahāte Chalo. (3) Kṛishṇa...
Do not slumber in pleasures; do not weep in pain;
Go on shedding tears of devotion and love.

Loga Kahate Heiṅ Bhagavān Āte Nahiṅ,
Dhruva Kī Taraha Se Bulāte Nahiṅ,
Bhakta Prahlāda Ke Jeisā Raṭanā Karo. (4) Kṛishṇa...
People say the Lord does not appear.
They do not call Him with Dhruva-like sincerity.
Worship Him with single-minded devotion like Prahlada.

Loga Kahate Heiṅ Bhagavān Khāte Nahiṅ,
Śhāka Vidura Ghar Ke Jeise Khilāte Nahiṅ,
Bhakta Śhabarī Ke Jeise Khilāyā Karo. (5) Kṛishṇa...
People say God does not accept food.
They do not feed Him as Vidura did.

Feed the Lord with devotion like Shabari.

Loga Kahate Heiň Saṅkaṭ Meň Āte Nahīň,
Satī Draupadī Kī Taraha Se Bulāte Nahīň,
Ṭer Gaja Kī Taraha Se Sunāte Chalo. (6) Kṛiṣhṇa...

People say the Lord does not come in adversity.
They do not call Him single-mindedly as Draupadi did.
Go on calling Him intensely like Gajendra (the elephant devotee).

Chāhe Kāśhī Chalo, Chāhe Mathurā Chalo,
Chāhe Prayāgā Chalo, Chāhe Ayodhyā Chalo,
Prema Bhakti Ke Mārga Baṛhāte Chalo. (7) Kṛiṣhṇa...

Go to any (of the sacred places) – Kashi, Mathura, Prayaga or Ayodhya.
Ever go on increasing your devotion and love.

Yāda Āvegā Prabhu Ko, Kabhī Na Kabhī,
Dāsa Pāvegā Prabhu Ko, Kabhī Na Kabhī,
Aisā Viśhvāsa Mana Meň Jamāte Chalo. (8) Kṛiṣhṇa...

One day the Lord will remember.
One day this servant will have His Darshan (vision).
Go on increasing such faith in your heart.



SHRI KRISHNAM VANDE

Śhrī Kṛiṣhṇaṃ Vande Jagad-guruṃ.
Prasīda Deveśha Jagan-nivāsa.

I bow to Lord Krishna, the Master of the world...
Be Gracious, O Lord of the gods, O Abode of the World...



CHALO MANA

Mira Bai

Chalo Mana Gaṅgā Yamunā Tīra.
O mind! Go to the banks of the Ganga and the Yamuna!

Gaṅgā Yamunā Nirmala Pānī,
Śhītala Hota Śharīra. (1)
Chalo Mana...
With the pure waters of Ganga and Yamuna
The body become refreshed.
O mind!...

Mora Mukuṭa Pītāmbara Sohe,
Kuṇḍala Jhalakata Hīra. (2)
Chalo Mana...
Wearing a crown with a peacock's feather, He looks charming in yellow silk,
With diamonds sparkling in His earrings,
O mind!...

Bansī Bajāvata Gāvata Kānhā,
Saṅga Liye Balabīra. (3)
Chalo Mana...
Playing the flute and singing, Krishna wanders
In the company of Balaram (His brother).
O mind!...

Mīrā Ke Prabhu Giridhara Nāgara,
Charaṇa Kamala Para Sīra. (4)
Chalo Mana...
Mira's Lord is the Beloved Giridhara (Krishna),
My head is ever at His Lotus Feet.
O mind!...



KESHAVA MADHAVA GOVINDA JAYA

Keśhava Mādhava Govinda Jaya.
Rādhe-kṛiṣhṇa Mukunda Jaya Jaya.

Glory to Keshava (the Lord with beautiful hair), to Madhava (the Lord of Shri Lakshmi),
To Radhe-krishna (Radha's Consort Krishna) to Mukunda (the Giver of Freedom)! Glory, glory to Him!

GOVINDA JAYA JAYA

Govinda Jaya Jaya, Gopāla Jaya Jaya
Glory, glory to Govinda (the Protector of the cows)!
Glory, glory to Gopala (the Cowherd)!

Rādhā-ramaṇa Hari, Govinda Jaya Jaya.
Glory, glory to Govinda, Hari, Radha's Beloved!

SUNAJA SUNAJA

Sunājā Sunājā Sunājā Kṛiṣhṇa
Tū Gītāvālā Jñāna Sunājā Kṛiṣhṇa. (1)
O Krishna! Let us hear!
O Krishna! Let us hear the knowledge of Gita!

Dikhājā Dikhājā Dikhājā Kṛiṣhṇa
O Mādhurī Sī Mūrti Dikhājā Kṛiṣhṇa. (2)
O Krishna! Show us!
O Krishna! Show us Your graceful Form!

Pilājā Pilājā Pilājā Kṛiṣhṇa
O Prema Bharā Pyālā Pilājā Kṛiṣhṇa. (3)
O Krishna! Fill our hearts!
O Krishna! Fill our hearts with the cup of Love!

Khilājā Khilājā Khilājā Kṛiṣhṇa.
O Mākhana Aur Miśhri Khilājā Kṛiṣhṇa. (4)
O Krishna! Feed us!
O Krishna! Feed us with sweet butter and sugar candy!

Lagājā Lagājā Lagājā Kṛiṣhṇa
Merī Nayyā Ko Pāra Lagājā Kṛiṣhṇa. (5)
O Krishna! Take!
O Krishna! Take my boat to the other shore!



Sunājā Sunājā Sunājā Kṛiṣhṇa
Tū Bānsurī Kī Tāna Sunājā Kṛiṣhṇa. (6)

Sunājā . . .
O Krishna! Play (Your flute),
O Krishna! Let us hear Your melodious flute!

VIPINA VIHARI

[Radhe is the name of a beloved Gopi; Shyam is an epithet of Lord Krishna.]

Vipina-vihārī Rādhe-śhyāma, Kuñja-vihārī Rādhe-śhyāma
Bańke-vihārī Rādhe-śhyāma, Devakī-nandana Rādhe-śhyāma.
He Who roams in the forest—Radhe-Shyama;
He Who roams in the bowers—Radhe-Shyama;
Beautiful Wanderer—Radhe-Shyama;
Son of Devaki—Radhe-Shyama.

Gopikā-vallabha Rādhe-śhyāma, Rādhā-vallabha Rādhe-śhyāma
Kṛiṣhṇa-murārī Rādhe-śhyāma, Karuṇā-sāgara Rādhe-śhyāma.
Beloved of the Gopis—Radhe-Shyama;
Beloved of Radha—Radhe-Shyama;
Krishna, the Destroyer of (demon) Mura —Radhe-Shyama;
Ocean of compassion—Radhe-Shyama.

Bhakti-dāyaka Rādhe-śhyāma, Śhakti-dāyaka Rādhe-śhyāma
Bhukti-dāyaka Rādhe-śhyāma, Mukti-dāyaka Rādhe-śhyāma.
Giver of Bhakti (devotion) —Radhe-Shyama;
Giver of power—Radhe-Shyama;
Giver of enjoyments—Radhe-Shyama;
Giver of Mukti (liberation)—Radhe-Shyama.

Sach-chid-ānanda Rādhe-śhyāma, Sadguru-rūpa Rādhe-śhyāma
Sarva-rūpa Śhrī Rādhe-śhyāma, Sarva-nāma Śhrī Rādhe-śhyāma
Rādhe-śhyāma Rādhe-śhyāma, Rādhe-śhyāma Śhrī Rādhe-śhyāma.
Existence-Knowledge-Bliss—Radhe-Shyama;
True teacher of all—Radhe-Shyama;
In all forms—Radhe-Shyama;
In all names—Radhe-Shyama.



KRISHNA KRISHNA MUKUNDA

Kṛiṣhna Kṛiṣhna Mukunda Janārdana, Kṛiṣhna Govinda Nārāyaṇa Hare,
Achyutānanda Govinda Mādhava, Sach-chid-ānanda Nārāyaṇa Hare.
Kṛiṣhna ...

Thou art Krishna (Blue like the sky), Mukunda (the Liberator),
Janardana (Who gives joy to devotees),
Krishna Govinda (the Protector of the cows and the earth),
O Narayana Hari (the Refuge of everyone Who takes away all sorrow)!
Achyuta-Ananda (the Immutable Bliss),
Govinda Madhava (the Lord of the Goddess Lakshmi),
Sat-Chit-Ananda (Existence-Consciousness-Bliss Absolute) O Narayana Hari!

Rāma Rāma Nara-siṃha Puruṣhottama, Rāghava Rāma Nārāyaṇa Hare,
Rāvaṇāri Kodaṇḍa Rāma Raghu-vara, Śhrī-dhara Rāma Nārāyaṇa Hare.
Kṛiṣhna ...

Thou art Rama (Who gives joy),
Narasimha (the Divine Man-lion Incarnation),
Purushottama (the Supreme Soul),
Raghava (the Descendent of Raghu), O Rama! Narayana Hari!
Thou art Ravanari (Rama, the Enemy of Ravana),
Who holds the 'Kodanda' bow, the Lord of Raghu's dynasty,
Who has the Goddess of wealth at His bosom, O Rama Narayana Hari!

Garuḍa Gamana Kaṃsāri Madhu-sūdana,
Śheṣha Śhayana Śhrī Nārāyaṇa Hare,
Murali Kṛiṣhna Murāri Mana-mohana, Madana Gopāla Nārāyaṇa Hare.
Kṛiṣhna ...

Thou hast the eagle Garuda as vehicle, Thou art the Enemy of Kamsa and the Destroyer of Madhu,
Thy bed is the divine serpent Shesha, O Lord! O Narayana Hari!
Thou art the Flute-player, Krishna, the Enemy of Mura, the Enchanter of hearts,
The God of Love, the Cowherd, O Narayana Hari!

Vāsudeva Govinda Dāmodara, Nanda-nandana Nārāyaṇa Hare,
Vāmana Viṣhṇu Gaurī Lakṣhmī-dhara, Veṇu-gopāla Nārāyaṇa Hare.
Kṛiṣhna ...
Thou art the Son of Vasudeva, Govinda, Damodara (Who is attainable through a purified mind),
The Son of Nanda, O Narayana Hari!
Thou art the Dwarf Incarnation Vamana, Vishnu (Who pervades everything),
The Lord of Gauri and Lakshmi, the Flute-player Gopala, O Narayana Hari!

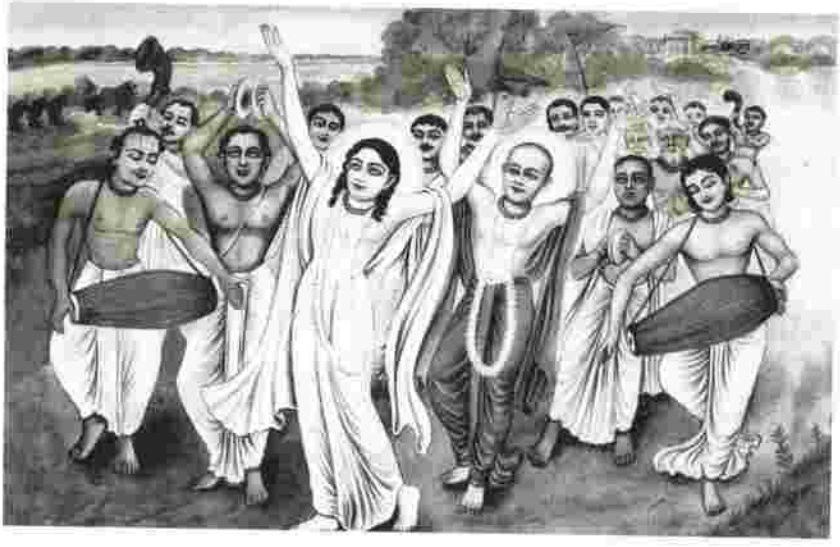
Padma-nābha Parameśha Sanātana, Parama-puruṣha Śhrī Nārāyaṇa Hare,
Pāṇḍuraṅga Viṭṭhala Purandara, Puṇḍarīkākṣha Nārāyaṇa Hare.
Kṛiṣhna ...
Thou art Padmanabha (Vishnu, from Whose navel sprang the Lotus of the Universe),
Parameshwara (the Supreme Lord), Sanatana (the Eternal), Parama-purusha (the Supreme Soul), O Narayana Hari!
(Thou art Lord) Panduranga, Vitthala and Purandara, Who dwells in the cave of our heart, O Narayana Hari!

Śhrī-nivāsa Aniruddha Dharaṇī-dhara, Aprameyātmā Nārāyaṇa Hare,
Dīna-bandhu Bhagavanta Dayā-nidhe, Devakī-tanaya Nārāyaṇa Hare.
Kṛiṣhna ...
Thou art the Abode of Lakshmi, the Unobstructed One,
The Sustainer of this earth, the Inscrutable One, O Narayana Hari!
Thou art the Friend of the helpless, the Glorious Lord,
An Ocean of compassion, the Son of Devaki, O Narayana Hari!

SHRI KRISHNA CHAITANYA

Śhrī Kṛiṣhṇa Chaitanya Prabhu Nityānanda,
Hare Kṛiṣhṇa Hare Rāma Śhrī Rādhe Govinda.

Shri Krishna Chaitanya and Prabhu Nityananda were two famous Vaishnava Saints who popularized the path of devotion (Bhakti Yoga) and the Mahamantra (Hare Rama Hare Rama, Rama Rama Hare Hare, Hare Krishna Hare Krishna, Krishna Krishna Hare Hare).



RADHE RADHE

Rādhe Rādhe Rādhe Rādhe Rādhe Govinda
Anātha-nāthana Dīna-bandhu Rādhe Govinda
Nanda-kumāra Navanīta-chora Bṛindāvana-chandra
Anātha-nāthana Dīna-bandhu Rādhe Govinda

O Radha.....! O Govinda!
O Lord of the helpless, Friend of the suffering, O Radha! O Govinda!
O Son of Nanda, Stealer of butter, the Moon of Brindavana,
O Lord of the helpless, Friend of the suffering, O Radha! O Govinda!

Shri Radha



SALUTATIONS TO SHRI RADHA, the World-Mother, Who is the inseparable, devoted consort of Shri Krishna, the flute-bearer of Brindavan. She was an incarnation of the Goddess Lakshmi and the embodiment of selfless love. Her sole object of existence was to fulfil the wishes of Shri Krishna. All the Queens of Dwarka are Her reflections. Lalita and the other Gopis (milkmaids) of Brindavan are Her manifold forms.

Radha is the Ananda (Bliss) aspect of Sat-Chit-Ananda Brahman. The Lord, in His inscrutable way, wanted to experience the Ananda of His own Swarupa (Self). So He projected Radha, and He Himself was born as Krishna. She was the embodiment of Prema (love) and Bhakti (devotion). She took birth in order to teach the world the secret of Madhurya Bhava, the true relationship of the lover and the beloved, which is the essence of Vedanta – to behold the Lord, the Indweller of all beings, in all these names and forms.

May Her blessing be upon us all!

BHAJO RADHE GOVINDA

Bhajo Rādhe Govinda, Gopālā Tera Pyāra Nāma Hei,
Gopālā Tera Pyāra Nāma Hei, Nandalālā Tera Pyāra Nāma Hei. Bhajo...

Worship Radha (Shri Krishna's beloved) and Govinda (the Protector of the cows)!
Gopala (the Cowherd) is Your lovely Name; Nandalala (Nanda's Son) is Your charming Name.

Mora Mukuṭa Māthe Tilaka, Gale Vaijantī Mālā,
Prabhu Gale Vaijantī Mālā, Koī Kahe Vasudeva Kā Nandana,
Koī Kahe Nandalālā, Prabhu Koī Kahe Nandalālā. (1) Bhajo...

You wear a crown with a peacock's feather, a holy mark on Your forehead and a multicoloured garland around Your neck, O Lord! A garland of Vaijayanti flowers around Your neck!
Some say that You are the Son of Vasudeva; others say You are the Child of Nandababa, O Lord! Others say You are the Child of Nandababa.

Jala Meṅ Gaja Ko Grāha Ne Gherā, Jala Meṅ Chakra Chalāyā,
Prabhu Jala Meṅ Chakra Chalāyā, Jaba Jaba Bhīṛa Paṛī Bhaktan Para,
Naṅge Pairoṅ Āyā Prabhu Naṅge Pairoṅ Āyā. (2) Bhajo...

When the elephant Gajendra was caught by the crocodile in the water, You released Your discus to save him. O Lord! You released Your discus to save him! Whenever devotees are overwhelmed by misfortunes, You come barefoot. O Lord! You come barefoot.

Arjuna Kā Ratha Tumne Hāṅkā, Bhārata Bhaī Laṛāī,
Prabhu Bhārata Bhaī Laṛāī, Bhagatoṅ Ke Khātir Prabhu Jī,
Adanā Nandā Nāī, Prabhu Adanā Nandā Nāī. (3) Bhajo ...

You drove Arjuna's chariot in the battlefield of Kauravas and Pandavas. O Lord! In the battlefield of Kauravas and Pandavas. You took the form of your devotee Nanda, a common barber, to protect him from the King's wrath. O Lord! (To protect) the common barber Nanda.

Draupadī Ne Jaba Tumheň Pukārā, Sārī Āna Baṛhāī,
Prabhu Sārī Āna Baṛhāī, Nāma Ko Lekara Viṣha Bhī Pī Gayī,
Dekho Mīrābāī, Prabhu Dekho Mīrābāī. (4) Bhajo ...

When Draupadi called to You for help, You lengthened her sari (cloth),
O Lord! You lengthened her sari! It is even possible to (safely) drink poison by repeating Your Name!
Look at Mirabai, O Lord! Look at Mirabai!

Narasī Ke Saba Kāma Saňvāre, Mujhko Mat Bisarāre,
Prabhu Mujhko Mat Bisarāre, Janama Janama Se Terī Sāraṅgī,
Tero Hi Nāma Pukāre, Prabhu Tero Hi Nāma Pukāre. (5) Bhajo ...

All the tasks of Narsi were (really) accomplished by You! Please do not forget me.
O Lord, please do not forget me! Birth after birth, may I be Your Sarangi (stringed musical instrument).
(Birth after birth) may I repeat Your Name. O Lord! May I repeat Your Name!

JAYA SHRI RADHE

Jaya Śhrī Rādhā Jaya Nanda-nandana,
Jaya Jaya Gopī Jana Mana-rañjana. (1)

Glory to Shri Radhe! Glory to Nandanandana (Nanda's Son)!
Glory, glory to the Gopis! Glory to the Enchanter of hearts!

Govinda Jaya Jaya Gopāla Jaya Jaya,
Rādhā-ramaṇa Hari Govinda Jaya Jaya. (2)

Glory to Govinda (the Protector of the cows)! Glory to Gopala (the Cowherd)!
Glory to Radha-ramana (Radha's Beloved)! Glory to Govinda!

Rāma Jī Kī Jaya Jaya Lakṣhmaṇ Jī Kī Jaya Jaya,
Daśharatha Kumār Chāroň Bhāiyoň Kī Jaya Jaya. (3)

Glory to Rama! Glory to Lakshmana (Rama's brother)!
Glory to the four brothers, sons of King Dasharatha!

MERA SHYAMA

Mera Śhyāma Baṛā Alabelā
Merī Maṭakī Ko Māra Gayā Ḍhelā. Mera . . .
My Shyama (Blue like the sky) is very naughty.
He pelted stones at my earthen pot.

Kabhī Gaṅgā Ke Tīra, Kabhī Yamunā Ke Tīra
Kabhī Sarayū Ke Tīra Akelā. (1) Mera . . .
Sometimes on Ganges' banks, sometimes on Yamuna's
And sometimes alone on Sarayu's banks.

Kabhī Gopiyoṅ Ke Saṅga, Kabhī Gvāloṅ Ke Saṅga
Kabhī Gauveṅ Charāve Akelā. (2) Mera . . .
He is sometimes with Gopis and sometimes with cowherds,
And sometimes alone with the grazing cows.

Kabhī Bhāmā Ke Saṅga, Kabhī Rukmiṇī Ke Saṅga
Kabhī Rādhā Ke Saṅga Akelā. (3) Mera . . .
He is sometimes with Satyabhama, sometimes with Rukmini,
And sometimes alone with Radha.

Kabhī Sūraj Ke Saṅga, Kabhī Chandā Ke Saṅga
Kabhī Tāroṅ Se Gherā Akelā. (4) Mera . . .
Sometimes with the sun, sometimes with the moon,
Sometimes alone surrounded by the stars.

Kabhī Santoṅ Ke Saṅga, Kabhī Bhaktoṅ Ke Saṅga
Kabhī Mastī Meṅ Beiṭhā Akelā. (5) Mera . . .
Sometimes with saints, sometimes with devotees,
Sometimes sitting alone, lost in rapture.



NATAVARA LAL GIRIDHARA GOPAL

Naṭavara Lāl Giridhara Gopāl,
Jaya Jaya Nanda Yaśhodā Ke Bāl.
Sāra Sāra Sabake Sār,
Rādhā Rasika Vara Rāsa Bihār.

Marvelous Dancer, Who lifted Govardhana Mountain with Your little finger, O Gopala!
Glory! Glory to the Son of Nanda and Yashoda!
You are the Essence of all! The Essence of all!
You danced with Radha in the playful Rasa dance!

Sphaṭika Sphaṭika Maya Gopī Maṇḍala Dhāma,
Gopi Gopi Madhya Marakata Śhyām. (1) Naṭavara Lāl...
Shining! Shining like crystal is the abode of the Gopis!
In between each two Gopis, You are shining like a Precious Gem!
Marvelous Dancer . . .

Dhanya Dhanya Vraja Gopī Dhanya Ho,
Dhanya Vṛindāvana Kuñja Dhanya Ho,
Vraja Mṛiga Khaga Saba Dhanya Dhanya Ho,
Vraja Raja Yamunā Pulin Dhanya Ho. (2) Naṭavara Lāl...
Blessed! Blessed are the Gopis of the Land of Vraja!
Blessed is Vrindavana and blessed its groves!
Blessed, blessed are the animals, birds and all the land of Vraja!
Blessed is the sandy beach of Vraja (on which they danced) by the River Yamuna!
Marvelous Dancer . . .

Śharada Pūrṇimā Nirmala Yamunā,
Adbhuta Rāsa Mahotsava Anupama.
Sāra Sāra Sabake Sāra,
Rādhā Rasika Priya Rāsa Vihār. (3) Naṭavara Lāl...
On the full-moon night of the Autumn season, the pure waters of the Yamuna flowing,
Wonderful and unparelleled is the great Rasa Festival.
It is the Essence of all! The Essence of all!
The Rasa is the Essence of Radha and Krishna's Love!
Marvelous Dancer . . .

RADHE SHYAM

Rādhe Śhyām, Rādhe Śhyām,
Rādhā Mādhava, Rādhe Śhyām.
Radhe Shyama (Krishna), Radhe Shyam,
Radha Madhava (the Lord of Lakshmi), Radhe Shyam.



Bṛija-jana Rañjana, Rādhe Śhyām,
Bhava-bhaya Bhañjana, Rādhe Śhyām,
Pāpa Vibhañjana, Rādhe Śhyām,
Duḥkha Nikandana, Rādhe Śhyām. (1) Rādhe Śhyām...

The One Who delights the people of Brija (or Vraja), Radhe Shyam,
The One Who destroys the fear of Samsara (cycle of birth and death), Radhe Shyam,
The Destroyer of sin, Radhe Shyam,
The Destroyer of sorrow, Radhe Shyam.

Śhyāmala Sundara, Rādhe Śhyām,
Muralī Manohara, Rādhe Śhyām,
Karuṇā Sāgara, Rādhe Śhyām,
Brahma Parātpara, Rādhe Śhyām. (2) Rādhe Śhyām...

The Dark and Beautiful, Radhe Shyam,
The One Who steals the hearts with His flute, Radhe Shyam,
The Ocean of compassion, Radhe Shyam,
Brahman, the Supreme Self, Radhe Shyam.

SIVANANDA ASHRAM GURU SHLOKAS

Brahmānandaṃ Parama-sukhadaṃ Kevalaṃ Jñāna-mūrtiṃ,
Dvandvātītaṃ Gagana-sadṛiśhaṃ Tat-tvam-asyādi-lakṣhyam.
Ekaṃ Nityaṃ Vimalam-achalaṃ Sarvadhī-sākṣhi-bhūtaṃ,
Bhāvātītaṃ Triguṇa-rahitaṃ Sadguruṃ Taṃ Namāmi.

Prostrations to the Sat Guru, the Brahman, Who is the Ultimate Bliss, Who is the giver of supreme happiness, Who is the embodiment of Supreme Knowledge, Who is beyond the pairs of opposites, Who is vast like the sky, Who is attainable through assertions like "Tat Twam Asi", Who is one, eternal, pure and changeless, Who is the witness of all the states of the mind, Who transcends modifications, Who is devoid of the three Gunas (qualities of Nature).

Ajñāna-timirāndhasya Jñānāñjana-śhalākayā,
Chakṣhur-unmīlitaṃ Yena Tasmai Śhrī-gurave Namaḥ.

Prostrations to that Guru Who has opened, with the collyrium-stick of knowledge, the eyes of those who have been rendered blind by the darkness of ignorance.

Akhaṇḍa-maṇḍalākāraṃ Vyāptaṃ Yena Charācharaṃ,
Tat-padaṃ Darśhitaṃ Yena Tasmai Śhrī-gurave Namaḥ.

Prostrations to that Worshipful Guru who has revealed that Reality which pervades the entire universe – the moveable and the immoveable.

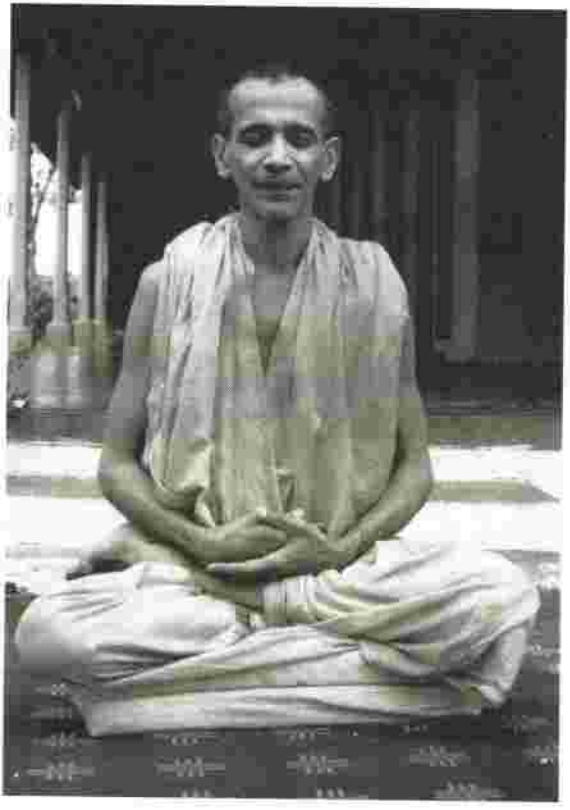
Gurur-brahmā Gurur-viṣhṇur-gurur-devo Maheśhvaraḥ,
Guruḥ Sākṣhāt Paraṃ Brahma Tasmai Śhrī-gurave Namaḥ.

Prostrations to that Shri Guru, Who is himself Brahma (the Creator), Vishnu (the Preserver) and Maheswara (Shiva, the Dissolver), and Who is verily the Supreme Absolute Itself.

Thursday
Dedicated to The Guru



Oṃ Namo Bhagavate Śhivānandāya.
Oṃ Śhrī Sadguru-paramātmane Namaḥ.
Om! Obeisance to Lord Sivananda.
Om! Prostrations to the Sat (True) Guru,
the Supreme Self!



Dhyāna-mūlaṃ Guror-mūrtiḥ Pūjā-mūlaṃ Guroḥ Padaṃ,
Mantra-mūlaṃ Guror-vākyaṃ Mokṣha-mūlaṃ Guroḥ Kṛipā.

The form of the Guru is the basis of meditation, the feet of the Guru are the basis of worship, the words of the Guru are the basis of Mantra, the grace of the Guru is the basis of Liberation.

Oṃ Namaḥ Śhivāya Gurave, Sach-chid-ānanda Mūrtaye,
Niṣhprapañchāya Śhāntāya, Nirālambāya Tejase.

Om! Prostrations be to the Guru, Who is Shiva (bliss and auspiciousness), Who is the embodiment of Existence-Consciousness-Bliss, Who is beyond world consciousness, Who is peaceful, without any support and self-effulgent.



Nitya-śhuddhaṃ Nirābhāsaṃ Nirākāraṃ Nirañjanam,
Nitya-bodhaṃ Chidānandaṃ Guruṃ Brahma Namāmyaham.

I prostrate to that Guru, Who is the eternally pure Brahman, ever effulgent, formless, taintless and eternally awake as pure Consciousness-Bliss.



Anyathā Śharaṇaṃ Nāsti Tvameva Śharaṇaṃ Mama
Tasmād Kāruṇya Bhāvena Rakṣha Rakṣha Maheśhvara.

There is no refuge for me elsewhere; Thou alone art my sole refuge. Therefore, from the depths of Thy compassion, protect me, protect me, O Supreme Lord!



Oṃ Saha Nāvavatu Saha Nau Bhunaktu, Saha Vīryaṃ Karavāvahai.
Tejasvi Nāvadhītamastu, Mā Vidviṣhāvahai.
Oṃ Śhāntiḥ Śhāntiḥ Śhāntiḥ.

Om! May He protect us both (the Guru and the disciple),
May we generate spiritual energy together,
May our study be fruitful, may there be no discord between us.
Om peace peace peace!



Sadāśhiva Samārambhāṃ Śhaṅkarāchārya Madhyamāṃ
Asmad-āchārya Paryantāṃ Vande Guru-paramparām.

I bow and pay homage to the long line of successive Gurus that originated with the Supreme Lord Himself, that has Acharya Shankara at its midpoint, (and extends unto today) to my own Guru (Who is, to me, the present representative of this spiritual lineage).



SHRI DATTATREYA SHLOKAS

Ādau Brahmā Madhye Viṣhṇuḥ Ante Devaḥ Sadāśhivaḥ
Mūrti-traya Svarūpāya Dattātreya Namo'stute

Prostrations to Lord Dattatreya
Who is the manifestation of the Trimurti: Brahma at the beginning (as the Creator), Vishnu at the middle (as the Preserver) and the eternal Shiva at the end (as the Dissolver).

Jarā Janma Vināśhāya Deha Śhuddhi-karāya Cha
Digambara Dayā-mūrte Dattātreya Namo'stute.

Prostrations to Lord Dattatreya (Whose wisdom teachings) purify our body-consciousness by destroying (the notions of) janma (birth), duhkhair (suffering), jara (old age), vyadi (disease), and mrityu (death);
Who is vast as Space and an embodiment of mercy.

Jagad-utpatti Kartre Cha Sthiti Saṃhāra-hetave
Bhava-pāśha Vimuktāya Dattātreya Namo'stute
Oṃ Śhrī Gurudeva Datta!

Prostrations to Lord Dattatreya Who is the cause of creation, preservation and dissolution of the world and
Who liberates us from the snares of worldly existence.
Om Divine Master Datta!

Shri Dattatreya



SALUTATIONS TO SHRI DATTATREYA, a very ancient spiritual personality of inconceivable power and wisdom, highly venerated through the ages as the Guru of all gurus. He is described as the incarnation of the Hindu Trinity, Brahma-Vishnu-Shiva, born of the great sage Atri and his virtuous wife Anasuya. He preached the truth of Vedanta and the experiences of Self-realisation. All the Rishis and ascetics worshipped him. Yet he lived as a beggar owning nothing. He did not beg for rice. He asked only for the sins of one's past lives and present life. He was able to swallow and digest all the sins of all the people. To those who take shelter under him, Lord Dattatreya gives 'Abhayam', the boon of fearlessness.

Lord Dattatreya is an Avadhuta – one who has transcended body-identification and lives ever-free, enjoying the bliss of the Atman (the Self). It is believed that he remains a visible personality, physically available to us for our Darshan.

May His blessing be upon us all!

Oṃ Śhrī Gurubhyo Namaḥ

Om! Prostrations to the Revered Gurus.

TRADITIONAL GURU PARAMPARA

Oṃ Namo Brahmādibhyo Brahma-vidyā-sampradāya
Kartṛibhyo Vaṃśharṣhibhyo Mahadbhyo Namo Gurubhyaḥ
Sarvopaplavarahitaḥ Prajñāna-ghanaḥ
Pratyag-artho Brahmaivāham-asmi.

Om. Obeisance to Lord Brahman and others, to the propounders of the supreme knowledge of Brahman, to the traditional line of Seers and Sages and to the great and the revered ones; obeisance to the Spiritual Masters. I am Brahman Who is free from all sins, Who is a mass of Consciousness and the innermost essence in all.

Oṃ Nārāyaṇaṃ Padma-bhavaṃ Vasiṣṭhaṃ,
Śhaktiṃ Cha Tat-putra-parāśharaṃ Cha.
Vyāsaṃ Śhukaṃ Gauḍa-padaṃ Mahāntaṃ,
Govinda-yogīndramathāsya Śhiṣhyam.

I always offer my prostrations to the Supreme Brahman, Lord Narayana, the creator Brahma born from the lotus, the great sage Vasishtha, Shakti and his son Parashara, Vyasa, Shuka, the great Gaudapadacharya, Govindapada, the best among Yogis, and his disciple Shri Shankaracharya.

Śhrī-śhaṅkarāchāryamathāsya Padma-pādaṃ Cha,
Hastāmalakaṃ Cha Śhiṣhyam.
Taṃ Toṭakaṃ Vārtika-kāram-śhivanandam-anyān
Asmad-gurūn Santata Mānato'smi.

(Prostrations) also to Shri Shankaracharya's (main) disciples: Padmapadacharya, Totakacharya, Hastamalakacharya and Sureshvaracharya, the author of the gloss on the commentaries of his Master, and Gurudev Shri Swami Sivanandaji Maharaj and all my other spiritual masters.

Śhruti-smṛiti-purāṇānām-ālayaṃ Karuṇālayam.
Namāmi Bhagavat-pādaṃ Śhaṅkaraṃ Loka-śhaṅkaram.

I bow down to Shri Shankaracharya Who is the repository of all the Vedas, the Smritis and the Puranas, Who is the store-house of all compassion, Whose feet are most worthy of worship and Who is the bestower of all auspiciousness to the whole world.

Śhaṅkaraṃ Śhaṅkarāchāryaṃ Keśhavaṃ Bādarāyaṇam.
Sūtra-bhāṣhya-kṛitau Vande Bagavantau Punaḥ Punaḥ.

Obeisance to Shankaracharya Who is Shankara Himself (Lord Shiva) and to Vyasa Who is Narayana himself (Lord Vishnu), the authors of the commentary on the Brahma Sutras and the Sutras themselves respectively.

Īśhvaro Gurur-ātmeti Mūrti-bheda-vibhāgine.
Vyomavad Vyāpta-dehāya Dakṣhiṇā-mūrtaye Namaḥ.

Prostrations to Shri Dakshinamurti, Who manifests in three different aspects as God, Guru and Self, and Whose body is all-pervading like space.

Nidhaye Sarva Vidyānāṃ Bhiṣhaje Bhava-rogiṇām,
Gurave Sarva-lokānāṃ Dakṣhiṇā-mūrtaye Namaḥ.

Prostrations to Lord Dakshinamurti, Who is the abode of all knowledge, Who is the physician to those afflicted with the disease of worldly existence, and Who is the Guru of all the worlds.

Shri Dakshinamurti



SALUTATIONS TO LORD Dakshinamurti, who is Lord Shiva Himself in His aspect as World Teacher, the personification of ultimate awareness and supreme knowledge. Lord Dakshinamurti is portrayed as being deeply absorbed in yogic meditation. A verse says: "Lo! What a wonder at the foot of yonder banyan tree! Aged and gray disciples sit at the lotus feet of a mere youth! And the exposition he gives them is through Silence! More wonderful still, in this Silence, the disciples are completely freed of all doubts and experience supreme bliss alone. A wonder of wonders indeed!"

Lord Dakshinamurti dwells in the heart of every being. He is ever instructing. We do not hear his silent teaching because of the din and uproar of our senses and mind. When these are silenced through meditation, we will hear his silent expositions and all doubts will be rent asunder. What will remain? The direct experience of the Truth.

May His blessing be upon us all!

Oṃ Śhrī Dakṣhiṇāmūrtaye Namaḥ

Om! Prostrations to Lord Dakshinamurtaye.

GURVASHTAKAM

Shri Shankaracharya

Śharīraṃ Surūpaṃ Tathā Vā Kalatraṃ
Yaśhaśh-chāru Chitraṃ Dhanaṃ Meru-tulyam.
Manaśh-chenna Lagnaṃ Guror-aṅghri-padme
Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kim. (1)

One's body may be handsome, wife beautiful,
fame excellent and varied, and wealth like Mount Meru;
but if one's mind is not attached to the lotus feet of the Guru,
What is the use? What is the use? What is the use?

Kalatraṃ Dhanaṃ Putra-pautrādi Sarvaṃ
Gṛihaṃ Bāndhavāḥ Sarvam-etaddhi Jātam.
Manaśh-chenna Lagnaṃ Guror-aṅghri-padme
Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kim. (2)

One may have wife, wealth, sons, grandsons,
home, relatives and everything else;
but if one's mind is not attached to the lotus feet of the Guru,
What is the use? What is the use? What is the use?

Ṣhaḍ-aṅgādi-vedā Mukhe Śhāstra-vidyā
Kavitvādi Gadyaṃ Supadyaṃ Karoti.
Manaśh-chenna Lagnaṃ Guror-aṅghri-padme
Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kim. (3)

One might have thoroughly studied the Vedas with its six limbs,
mastered the Scriptures
and be able to compose wonderful poetry and prose pieces;
but if one's mind be not attached to the lotus feet of the Guru,
What is the use? What is the use? What is the use?

Videśheṣhu Mānyaḥ Svadeśheṣhu Dhanyaḥ
Sadāchāra-vṛitteṣhu Matto Na Chānyaḥ.
Manaśh-chenna Lagnaṃ Guror-aṅghri-padme
Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kim. (4)

One may be honoured abroad and have great wealth at home,
and none can surpass him in righteous conduct;
but if one's mind is not attached to the lotus feet of the Guru,
What is the use? What is the use? What is the use?

Kṣhamā-maṇḍale Bhūpa-bhūpāla-vṛindaiḥ
Sadā Sevitaṃ Yasya Pādāravindam.
Manaśh-chenna Lagnaṃ Guror-aṅghri-padme
Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kim. (5)
Hosts of emperors and the greatest kings of the world
may bow at his feet and serve him;
but if one's mind is not attached to the lotus feet of the Guru,
What is the use? What is the use? What is the use?

Yaśho Me Gataṃ Dikṣhu Dāna-pratāpāj
Jagad-vastu Sarvaṃ Kare Yat-prasādāt.
Manaśh-chenna Lagnaṃ Guror-aṅghri-padme
Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kim. (6)
Even if one's fame has spread in all directions,
and because of his charitable deeds
there is nothing in the whole world that he cannot attain,
if one's mind is not attached to the lotus feet of the Guru,
What is the use? What is the use? What is the use?

Na Bhoge Na Yoge Na Vā Vāji-rājau
Na Kāntā-mukhe Naiva Vitteṣhu Chittam.
Manaśh-chenna Lagnaṃ Guror-aṅghri-padme
Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kim. (7)
Even if one is not attached to worldly pleasures,
To acquiring wealth, kingdoms, spouse, family or treasures,
if one's mind be not attached to the lotus feet of the Guru,
What is the use? What is the use? What is the use?

Araṇye Na Vā Svasya Gehe Na Kārye
Na Dehe Mano Vartate Me Tvanarghye.
Manaśh-chenna Lagnaṃ Guror-aṅghri-padme

Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kiṃ Tataḥ Kim. (8)
Even if his mind is anchored in forest life,
or in the home or duties or in great thoughts,
if one's mind is not attached to the lotus feet of the Guru,
What is the use? What is the use? What is the use?

Phalaśhruti:
Guror-aṣṭakaṃ Yaḥ Paṭhet-puṇya-dehī,
Yatir-bhūpatir-brahmachārī Cha Gehī,
Labhed-vāñchhitārthaṃ Padaṃ Brahma sañjñam,
Guror-ukta-vākye Mano Yasya Lagnam.
That blessed one who reads this octad on the Guru,
whose mind is focused on the words of the Guru,
whether he be an ascetic, king, student or householder,
attains the desired goal, the realization of Brahman.

OM GURU JAYA GURU

Oṃ Guru Jaya Guru Sach-chid-ānanda Guru,
Sach-chid-ānanda Guru Śhivānanda Sadguru.
Glory to the Guru who is the Sacred Syllable Om, who is Sat-chit-ananda (Existence-Consciousness-Bliss Absolute)!
Sat-chit-ananda Guru! Sivananda, the true Spiritual Master!

Oṃ Guru Jaya Guru Sach-chid-ānanda Guru,
Sach-chid-ānanda Guru Chidānanda Sadguru.
Glory to the Guru, who is the Om, who is
Sat-chit-ananda!
Sat-chit-ananda Guru! Chidananda, the true spiritual Master!

SIVANANDA YOGINDRA STUTIH

Sadā Pāvanaṃ Jāhnavī-tīravāsaṃ
Sadā Sva-svarūpānusandhāna-śhīlam,
Sadā Suprasannaṃ Dayāluṃ Bhaje'haṃ
Śhivānanda Yogīndram-ānanda-mūrtim. (1)

He who dwells on the holy banks of the ever-purifying Ganga,
Who is ever intent on observation of his own Self,
Who is always in a state of joy and is very, very compassionate,
O Chief among the Yogins,
Sivananda, an embodiment of Bliss Absolute,
I rejoice in Thy remembrance!

Harer-divya-nāma Svayaṃ Kīrtayantaṃ
Hareḥ Pāda-bhaktiṃ Sadā Bodhayantam,
Hareḥ Pāda-padma-stha Bhṛiṅgaṃ Bhaje'haṃ
Śhivānanda Yogīndram-ānanda-mūrtim. (2)

He who ever sings the divine Names of Lord Hari,
And whose deep devotion brings great consolation to others,
Ever merged in devotion unto the Lord's lotus-feet like a honey-bee engrossed in imbibing sweet honey from a flower,
O Chief among the Yogins,
Sivananda, an embodiment of Bliss Absolute,
I rejoice in Thy remembrance!

Jarā-vyādhi-daurbalya Sampīḍitānāṃ
Sadārogyadaṃ Yasya Kāruṇya-netram,
Bhaje'haṃ Samastārta-sevādhurīṇaṃ
Śhivānanda Yogīndram-ānanda-mūrtim. (3)

He whose compassionate gaze brings relief from the sufferings of old age, disease and weakness,
And who is most competent to serve those who are in misery,
O Chief among the Yogins,
Sivananda, an embodiment of Bliss Absolute,
I rejoice in Thy remembrance!

Sadā Nirvikalpe Sthiraṃ Yasya Chittaṃ
Sadā Kumbhitaḥ Prāṇa-vāyur-nikāmam,
Sadā Yoga-niṣhṭhaṃ Nirīhaṃ Bhaje'haṃ
Śhivānanda Yogīndram-ānanda-mūrtim. (4)

He who is established in the highest Yogic state of Nirvikalpa Samadhi
And whose Prana Vayu (one of the five vital airs) is stilled in the state of Kumbhaka (yogic retention of breath),
Who is absorbed in the highest Yoga and whose mind is all peace,
O Chief among the Yogins, Sivananda, an embodiment of Bliss Absolute,
I rejoice in Thy remembrance!

Mahāmudra-bandhādi-yogāṅga-dakṣhaṃ
Suṣhumnāntare Chit-svarūpe Nimagnam,
Mahāyoga-nidrā-vilīnaṃ Bhaje'haṃ
Śhivānanda Yogīndram-ānanda-mūrtim. (5)

He who is an adept in all the branches of Yoga, like mudra, bandha, etc.
Whose mind is absorbed in the Sushumna (subtle, spiritual channel) and rests in pure Consciousness,
Who is resting in the blissful state of Maha Yoga Nidra,
O Chief among the Yogins, Sivananda, an embodiment of Bliss Absolute,
I rejoice in Thy remembrance!

Dayā-sāgaraṃ Sarva-kalyāṇa-rāśhiṃ
Sadā Sach-chid-ānanda-rūpe Nilīnam,
Sadāchara-śhīlaṃ Bhaje'haṃ Bhaje'haṃ
Śhivānanda Yogīndram-ānanda-mūrtim. (6)

He who is an ocean of compassion and all sorts of blessings,
Who abides in the state of Existence-Consciousness-Bliss,
Who is a model of ideal conduct,
My prayers are unto Thee! My prayers are unto Thee!
O Chief among the Yogins, Sivananda, an embodiment of Bliss Absolute,
I rejoice in Thy remembrance!

Bhavāmbodhi-naukā-nibhaṃ Yasya Netraṃ
Mahāmoha-ghorāndhakāraṃ Harantam,
Bhaje'haṃ Sadā Taṃ Mahāntaṃ Nitāntaṃ

Śhivānanda Yogīndram-ānanda-mūrtim. (7)

He whose eyes are like a boat of compassion guiding us across the dark ocean of delusion,
Who saves us from the dire calamity of Maya, my prayers are unto Thee!
He who has exemplary devotion, who is established in the One Alone,
O Chief among the Yogins, Sivananda, an embodiment of Bliss Absolute,
I rejoice in Thy remembrance!

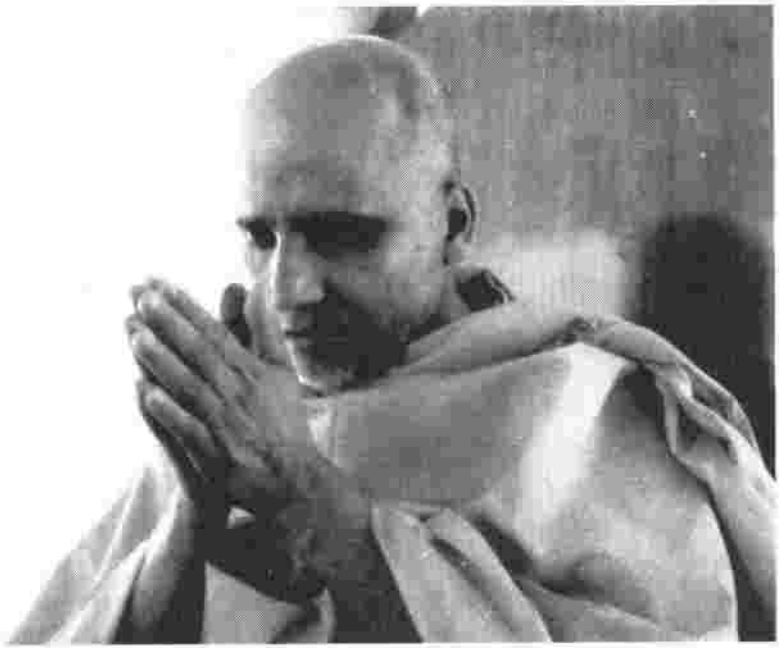
Bhaje'haṃ Jagat-kāraṇaṃ Sat-svarūpaṃ
Bhaje'haṃ Jagad-vyāpakaṃ Chit-svarūpam.
Bhaje'haṃ Nijānandam-ānanda-rūpaṃ
Śhivānanda Yogīndram-ānanda-mūrtim. (8)

My prayers are unto Thee, who is the Cause of this world process and an embodiment of Existence Absolute!
My prayers are unto Thee, who is all-pervading Consciousness Absolute!
My prayers are unto Thee who is himself immersed in the Bliss Absolute!
O Chief among the Yogins, Sivananda, an embodiment of Bliss Absolute,
I rejoice in Thy remembrance!

Paṭhedyaḥ Sadā Stotram-etat Prabhāte
Śhivānanda Yogīndra Nāmni Praṇītam,
Bhavet-tasya Saṃsāra-duḥkhaṃ Vinaṣhṭaṃ
Tathā Mokṣha-sāmrājya-kaivalya-lābhaḥ.

He who chants this prayer in the early hours of the morning,
Which has been composed to glorify the Chief among the Yogins, Sivananda.
All his worldly miseries and misfortunes get destroyed
And ultimately he attains the state of final emancipation.





SIVANANDA STUTIH

Swami Krishnanadaji Maharaj

Himādri-prottuṅgāmara-salila-sārāmṛita-mayā,
Jagan-mātā Gaṅgā Vahati Yatra Eno-hutavahā.
Mahā-duḥkha-dhvāntāruṇa Ṛiṣhi-varo Bhāti Jagataḥ,
Śhivānandaḥ Svāmī Jaladhi-hṛidayo Jīvatu Chiram. (1)

Where the world-mother Ganga, with her immortal waters flowing from the heaven through the lofty Himalayas, rushes forth like a fire destroying all sins, there shines the supreme sage who is a sun to the darkness of the great sorrow of the world! May that Sivananda, the Swami, possessed of a heart wide like the ocean, live long!

Dadāti Prīṇāti Jña Uru-karaṇo Dhyāyati Munir-
Dayā-sindhuḥ Svātmodita-sukha-nimagno'khila-guruḥ.
Kvachid Bālo Rāmaḥ Kvachid-api Yuvā Vṛiddha-dhiṣhaṇaḥ,
Śhivānandaḥ Svāmī Jaladhi-hṛidayo Jīvatu Chiram. (2)

He gives, loves, knows and meditates. He is the source of wonderful divine activity. He is a Muni. He is an ocean of mercy. He is merged in the joy derived from his own Self. He is the Guru of all. Sometimes he is like a child. Sometimes he is very pleasing. Sometimes he looks like a youth and at other times like a mature brained person. May that Sivananda, the Swami, possessed of a heart wide like the ocean, live long!

Mahātmā Sannyasta-dvitayamati-sach-chit-sukha-dhanaḥ,
Parādvaita-brahmāmbudhi Bhṛid-amṛitattvānubhavadhīḥ.
Jagad-vandyaḥ Svāmī Jayatu Paramānanda-muditaḥ,
Śhivānandaḥ Svāmī Jaladhi-hṛidayo Jīvatu Chiram. (3)

He, the great soul, has renounced the sense of duality and has immersed himself in the Mass of Existence-Knowledge-Bliss. He floats in the ocean of the Supreme Non-Dual Brahman. He has no thought except of the immortal Experience. May that Swami rejoicing in the Supreme Bliss, praised by all, triumph! May that Sivananda, the Swami, possessed of a heart wide like the ocean, live long!

Paro Yogī Yoga-dhvaja-paramahaṃso Vijayate,
Śhivaḥ Śhānto'dvaitaḥ Pramudita-samastātma-vadanaḥ.
Ahorātraṃ Lokoddharaṇa-hṛidayo Yo'mṛitapathe,
Śhivānandaḥ Svāmī Jaladhi-hṛidayo Jīvatu Chiram. (4)

There glories the supreme great Yogi, with Yoga as his support, the Paramahamsa who is blessed, peaceful and non-dual, who brings joy to all through his smiling face! Day and night he engages himself in lifting up the world towards the path to immortality. May that Sivananda, the Swami, possessed of a heart wide like the ocean, live long!

Mahā-kartā Jīvatva-mita-śharado Naḥ Śhubha-karo,
Mahā-bhoktā Kalyāṇa-guṇa-nilayo Jīvatu Chiram.
Mahā-tyāgī Santoṣha-nidhir-inarug-jīvatu Chiraṃ,
Śhivānandaḥ Svāmī Jaladhi-hṛidayo Jīvatu Chiram. (5)

May that Mahakarta, the doer of good to us, live for many years! May that Mahabhokta, the seat of all auspicious qualities, live long! May that Mahatyagi, the ocean of happiness, bright like the sun, live long!

May that Sivananda, the Swami, possessed of a heart wide like ocean, live long!

Praṇamya Pādau Paramārtha-dīpau Guroḥ Prapañchopaśhamau Mahāntau.
Athāyamātmā Layameti Śhānte Śhive Chidānanda-ghane Samaste. (6)
Prostrating to the feet of the Guru, which are my light to the Eternal Reality, which destroy the appearance of world-phenomena, which are very great, I, this Atma, lose myself in the peaceful, the blessed, the Mass of Consciousness-Bliss, which is this all!



GURU HAMARE

Oṃ Gurudeva Jaya Gurudeva Oṃ Gurudeva Jaya Gurudeva!
Om Gurudeva! Glory to Gurudeva! Om Gurudeva! Glory to Gurudev!

Guru Hamāre Mana Mandira Meṅ Guru Hamāre Prāṇ
Sāre Viśhva Kā Vo Hei Dātā Nārāyaṇa Bhagavān. (1)
Our Guru resides in the temple of our hearts; he is our very life breath. He is Lord Narayana, benefactor of the whole world.

Oṃ Gurudeva Jaya Gurudeva Oṃ Gurudeva Jaya Gurudeva!
Guru Hamāre Tana-Mana-Dhana Hei Guru Hamāre Prāṇ
Sāre Viśhva Kā Vo Hei Dātā Nārāyaṇa Bhagavān. (2)
Om Gurudeva! Glory to Gurudeva! Om Gurudeva! Glory to Gurudeva! Guru is our body, mind and wealth; he is our very life breath. He is Lord Narayana, the benefactor of the whole world.

Oṃ Gurudeva Jaya Gurudeva Oṃ Gurudeva Jaya Gurudeva.
Guru Hamāre Dhana-doulata Hei Guru Hamāre Prāṇ
Sāre Viśhva Kā Vo Hei Dātā Nārāyaṇa Bhagavān. (3)
Om Gurudeva! Glory to Gurudeva! Om Gurudeva! Glory to Gurudeva! Guru is our wealth and treasure; he is our very life breath. He is the Lord Narayana, benefactor of the whole world.

BHAVA-SAGARA TARANA

Bhava-sāgara-tāraṇa-kāraṇa He,
Ravi-nandana-bandhana-khaṇḍana He.
Śharaṇāgata Kiṅkara Dīnamane,
Gurudeva Dayākara Dīnajane. (1)

Gurudev! Your grace is the cause of relief from this ocean of worldly attachments and pains;
You alone can break the bondage of our limitations and suffering due to the various planetary conjunctions.
If one surrenders (to you) humbly all limitations disappear.
O Gurudev! Bless us and protect us, who are Thy humble devotees!

Hṛidi-kandara Tāmasa Bhāskara He,
Tuma Viṣhṇu Prajāpati, Śhaṅkara He.
Parabrahma Parātpara Veda Vane,
Gurudeva Dayākara Dīnajane. (2)

You are the sun whichs dispels the darkness of our hearts;
You are the creator, preserver and destroyer.
You are the embodiment of that transcendental Truth,
The Transcendental Being which the Vedas declare.
O Gurudev! Bless us and protect us, who are Thy humble devotees!

Mana-vāraṇa Śhāsana-aṅkuśha He,
Nara-trāṇa Kare Harichākṣhuṣha He.
Guṇa-gāna-parāyaṇa Devagaṇe,
Gurudeva Dayākara Dīnajane. (3)

You are the goad for regulating our haughty minds;
You protect us by opening the inner eye of wisdom.
Even the Devas (shining ones, gods) proclaim your greatness.
O Gurudev! Bless us and protect us, who are Thy humble devotees!

Kula-kuṇḍalinī Bhava-bhañjaka He,
Hṛidi-granthi Vidāraṇa-kāraṇa He.
Mama Mānasa Chañchala Rātri-dine,
Gurudeva Dayākara Dīnajane. (4)

You are the awakener of the Kundalini hidden deep within;
You rend asunder the knots of the heart.
My mind is vacilating day and night.
O Gurudev! Bless us and protect us, who are Thy humble devotees!

Ripu-sūdana Maṅgala-nāyaka He,
Sukha-śhānti Varābhaya Dāyaka He.
Traya Tāpa Hare Tava Nāma Guṇe,
Gurudeva Dayākara Dīnajane. (5)

You destroy the inner enemies (lust, anger, greed, delusion, ostentation and jealousy) and bestow all auspiciousness;
Instill in us the greatest strength, peace and bliss.
By the benevolent influence of your Name, the three sources of suffering are removed.
O Gurudev! You are the store house of compassion for the distressed!

Abhimāna-prabhāva-vimardaka He,
Gatihīna-jane Tuma Rakṣhaka He.
Chita Sañchita Vañchita Bhakti-dhane,
Gurudeva Dayākara Dīnajane. (6)

You save your meek suppliant from the evil influence of egoism;
You are the saviour of your devotees who have lost their way;
You bestow the treasure of devotion for which we have been longing.
O Gurudev! Bless us and protect us, who are Thy humble devotees!

Tava Nāma Sadā Śhubhadāyaka He,
Patitādhama Mānava-pālaka He.
Mahimā Tava Gochara Śhuddha-mane,
Gurudeva Dayākara Dīnajane. (7)

(For the true disciple) your Name always brings bliss and auspiciousness;
Even the most impure can have your protection.
Your glory is revealed in a pure state of mind.
O Gurudev! Bless us and protect us, who are Thy humble devotees!

Jaya Sadguru Īśhvara-prāpaka He,
Bhava-roga Vikāra Vināśhaka He.

Mana-vānara He Tava Śhrī Charaṇe,
Gurudeva Dayākara Dīnajane. (8)

Glory to the Divine Master! Your benign grace enables us to realize the Supreme!
You dissolve the afflictions of worldly existence.
O my Lord! Fasten my monkey-mind to your holy feet.
O Gurudev! Bless us and protect us, who are Thy humble devotees!



PAYOJI MEIŇ-NE

Mirabai

Pāyo Jī Meiň-ne,
Rāma Ratana Dhana Pāyo.

O! I have found the precious treasure, the gem of the holy Name of Rama.

Vastu Amolaka Dī Mere Sadguru,
Kirpā Kara Apanāyo. (1) Pāyo Jī Meiň-ne...

My true spiritual Master has given me a priceless gift, out of compassion;
And I have received his grace!
O! I have found the precious treasure. . .

Janama Janama Kī Pūňjī Pāyī,
Jaga Meň Sabhī Khovāyo (2) Pāyo Jī Meiň-ne ...

I have found the treasure after numerous births
And have renounced everything else in the world.
O! I have found the precious treasure . . .

Kharacha Nahiň Koī Chora Na Lūṭe,
Dina Dina Baṛhata Savāyo. (3) Pāyo Jī Meiň-ne...

Even after using, it never decreases, nor can anyone steal it;
On the contrary, it multiplies day by day.
O! I have found the precious treasure . . .

Sata Kī Nāva Kevaṭiyā Sadguru,
Bhava-sāgara Tara Āyo (4) Pāyo Jī Meiň-ne...
In the boat of Truth, the Divine Master is the boatman;
He has helped me to cross the ocean of Samsara.
O! I have found the precious treasure . . .

Mīrā Ke Prabhu Giridhara Nāgara,
Haraśha Haraśha Jasa Gāyo (5) Pāyo Jī Meiň-ne...
The Lord of Mira Bai is the Courtly Lord Giridhara (Krishna),
She merrily, merrily sing His glories.
O! I have found the precious treasure . . .

SIVANANDA KYA TU MANAVA HEI

Shri Ramapremji

Gaṅgā Taṭa Para Baiṭha Āja Meiň Keisā Gīta Sunāūň
Śhivānanda Kyā Tū Mānava Hei Keise Tava Guṇa Gāūň. (1)
Sitting on the banks of the Ganga, what kind of song can I sing?
O Swami Sivananda, you are not human! How can I sing thy virtues?

Sundara Mano-hara Rūpa Hei Terā, Śhītal Madhu-maya Vāṇī,
Śhānti, Tyāga, Vairāgya Se Pūrita, Terī Madhura Kahānī,
Terī Maṅgala-maya Mūrati Ko Mana-mandira Meň Dhyāūň. (2)
Śhivānanda Kyā Tū...
With beautiful countenance and charming personality and a voice delightfully sweet,
Your life is infilled with peace, renunciation and detachment.
Let me meditate upon your auspicious personality
In the temple of my heart.
O Swami Sivananda, you are not human . . .

Chaitanya Mahāprabhu Tujh Meň Dekhūň, Tujh Meň Dekhūň Mīrā,
Eknāth Aur Jñānadeva Kā Tujh Meň Jñāna Gambhīrā,
Rāmānuja Aru Śhaṅkara Kā Meň Tujh Meň Darśhana Pāūň. (3)

Śhivānanda Kyā Tū...
Chaitanya Mahaprabhu, I see in you.
Mirabai, I see in you.
The profound divine wisdom of Ekanath and Jñaneshwar dwells in you.
The Darshan (vision) of Ramanuja and Shankara, I have in you.
O Swami Sivananda, you are not human . . .

Vikasita Kara Do Antara Merā, Jñāna Kā Dīpa Jalā Do,
Rāga-dveṣha Se Dūra Haṭākar, Rāma Se Prema Lagā Do,
'Rāmaprema' Tava Charaṇa-kamala Meṅ Bāra-bāra Bali Jāūṅ. (4)
Śhivānanda Kyā Tū...
Please light the lamp of wisdom in my heart.
Removing all my notions of likes and dislikes,
Attach me to Lord Rama in a bond of love.
Says Ramaprema, 'Let me surrender myself time and again at your lotus feet.'
O Swami Sivananda, you are not human . . .



DEVA DEVA SIVANANDA

Swami Sivananda-Hridayananda Mataji

Deva Deva Śhivānanda Dīnabandho Pāhi Māṃ,
Chandra Vadana Mandahāsa Prema Rūpa Rakṣha Mām.
Sivananda, O God of gods!
Friend of the down-trodden, kindly do protect me!
With a moon-like face, and gentle smile,
The embodiment of love, kindly do save me (from all difficulties and distress)!

Madhura Gīta Gāna Lola Jñāna Rūpa Pāhi Māṃ,
Samasta Loka Pūjanīya Mohanāṅga Rakṣha Mām. (1)
Deva Deva...
He who delights in singing sweet songs,
Embodiment of knowledge, kindly do protect me!
He who is worshipped by one and all
And is of a beautiful complexion, kindly do save me!

Divya Gaṅgā Tīra Vāsa Dāna Śhīla Pāhi Māṃ,
Pāpa Haraṇa Puṇya Śhīla Parama Puruṣha Rakṣha Mām. (2)
Deva Deva...
One who dwells on the banks of the divine Ganga,
And who rejoices in giving, kindly do protect me!
He who saves his devotees from vices
And is always engaged in virtuous actions, kindly do save me!

Bhakta Loka Hṛidaya Vāsa Svāmi-nātha Pāhi Māṃ,
Chit-svarūpa Chidānanda Śhivānanda Rakṣha Mām. (3)
Deva Deva...
O great Master! You reside in the hearts of Thy devotees,
Kindly do protect me!
You are Consciousness-Absolute Chidananda, O Sivananda!
Kindly do save me (from all sorrows and difficulties)!

GURU MAHARAJA GURU JAYA JAYA

Guru Mahārāja Guru Jaya Jaya, Paraṃ Brahma Sadguru Jaya Jaya
Guru Mahārāja Guru Jaya Jaya, Vyāsadeva Sadguru Jaya Jaya

Glory to the Guru, the King of kings!
Glory to the manifestation of God-Absolute, the true Guru!
Glory to the Guru, the King of kings!
Glory to Vyasadeva, the true Guru!

Guru Mahārāja Guru Jaya Jaya, Śhaṅkarāchārya Sadguru Jaya Jaya
Sureśhvarāchārya Sadguru Jaya Jaya, Padmapāda Sadguru Jaya Jaya

Glory to the Guru, the King of kings!
Glory to Shankara Acharya, the true Guru!
Glory to Sureshvara Acharya, the true Guru!
Glory to Padmapada, the true Guru!

Toṭakāchārya Sadguru Jaya Jaya, Hastāmalaka Sadguru Jaya Jaya
Guru Mahārāja Guru Jaya Jaya, Śhivānanda Sadguru Jaya Jaya

Glory to Totaka Acharya, the true Guru!
Glory to Hastamalaka, the true Guru!
Glory to the Guru, the King of kings!
Glory to Sivananda, the true Guru!

Guru Mahārāja Guru Jaya Jaya, Paraṃ Brahma Sadguru Jaya Jaya
Oṃ Sadguru Mahārāja-kī Jaya! Sadguru Paramātmane Namaḥ!

Glory to the Guru, the King of kings!
Glory to the True Guru, the manifestation of God-Absolute!
Om! Victory to the Sat Guru!
Prostrations to the Sat Guru, the Supreme Soul!

DATTA GURU JAYA DATTA GURU

Datta Guru Jaya Datta Guru,
Pūrṇa Guru Avadhūta Guru,

Glory to Guru Datta (Dattatreya), the perfect Guru,
The Guru of the highest Order of Monks.

Dattātreya Tava Śharaṇaṃ,
Sadguru-nātha Bhava-haraṇam.

O Dattatreya! I take refuge in Thee,
The Lord and True Guru,
Who removes the fear of the wheel of birth and death.

GURU MAHIMA

Guru Mahimā Guru Mahimā
Apāra Mahimā Guru Mahimā. (1)
O! The glory of the Guru! The glory of the Guru!
And the glory of the Guru is indeed unfathomable!

Aṇoraṇīyān Guru Mahimā
Mahato Mahīyān Guru Mahimā. (2) Guru Mahimā . . .
O! The glory of the Guru is subtler than the subtlest!
And the glory of the Guru is nobler than the noblest!
O! The glory of the Guru is. . .

Kiṃ Vachanīyaṃ Guru Mahimā.
Kim Avachanīyaṃ Guru Mahimā (3) Guru Mahimā . . .
O! The glory of the Guru is both expressible as well as inexpressible!
O! The glory of the Guru is. . .

Ajñāna Nāśhaka Guru Mahimā
Sujñāna Poṣhaka Guru Mahimā (4) Guru Mahimā . . .
O! The glory of the Guru dispels ignorance!
And the glory of the Guru nourishes our divine knowledge!
O! The glory of the Guru is...

Sach-chid-ānanda Guru
Apāra Mahimā Guru Mahimā. (5) Guru Mahimā . . .
O! The glory of the Guru is Satchidananda
(Existence-Consciousness-Bliss Absolute)!
And unfathomable is the glory of the Guru!
O! The glory of the Guru is...

Śhivānanda Guru Mahimā
Apāra Mahimā Guru Mahimā. (6) Guru Mahimā . . .
O! The glory of Gurudev Sivananda is unfathomable!
Indeed the glory of the Guru is unfathomable!
O! The glory of the Guru is...

Chidānanda Guru Mahimā
Apāra Mahimā Guru Mahimā. (7)
O! The glory of Gurudev Chidananda is unfathomable!
Indeed the glory of the Guru is unfathomable!
O! The glory of the Guru is...



BHAVA SHANKARA-DESHIKA

Bhava Śhaṅkara-deśhika Me Śharaṇaṃ,
Bhava Śhaṅkara-deśhika Me Śharaṇam.
I take refuge in the World Teacher, Shankara.



SIVANANDA KA DARBAR HEI

Shrimati Sushila Sharma (Later on Swami Radhapriyananda Mataji)

Śhivānanda Kā Darbār Hei, Śhobha Apār Hei.
Niśhchaya Vāle Sevakoṅ Kā Hota Beṛa Pār Hei.
The grandeur of Sivananda's court is splendid,
His faithful devotees are sure to cross the ocean of life.

Gaṅgā Kināre Āshram Inkā,
Nām Ānanda Kuṭira Hei,
Āo! Bhaktoṅ Gote Lagā Lo.
Bahatā Prem Kā Nīr Hei, (1) Śhivānanda Kā Darbār Hei ...
His Ashram is on the banks of the Ganges,
Its name is "Ananda Kutir".
Come, devotees, dive deep into the waters of love.
The grandeur of Sivananda's court...

Sāre Jaga Meṅ Prabhāv Hei Inkā
Mānate Īśhvara Rūpa Heiṅ.
Bhakti Yoga Vedānta Ke Kāraṇ,
Macha Gaī Inkī Dhūm Hei. (2) Śhivānanda Kā Darbār Hei ...
His influence reaches all over the world,
He is venerated as the incarnation of Shiva.
His enunciation of the doctrines of Bhakti, Yoga and Vedanta
Has made him very famous.
The grandeur of Sivananda's court...

Satya Ahiṃsā Brahmacharya Kī Mūrti,
Dayā Ke Vaha Bhaṇḍār Heiṅ.
"Śhīla" Udāra Svabhava Hei Inkā
Śhānti Ke Avatāra Heiṅ. (3) Śhivānanda Kā Darbār Hei...
An embodiment of truth, harmlessness and purity,
He is a treasure trove of kindness too.
By nature, he is magnanimous, says Shila,
And he is Peace-incarnate.
The grandeur of Sivananda's court...

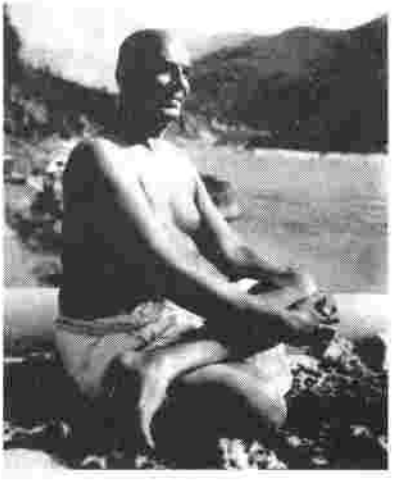
ANANDA KUTIRA

Shri Ramapremji

Ānanda Kuṭīra Ke Divya Devatā,
Śhivānanda Sadā Amara Raheṅ.
The Divine Deity of 'Ananda Kutir' (the name of Gurudev's cottage),
Sivananda, immortal is he!

Akhila Viśhva Kā Dīpta Sitārā,
Bhārata Jyoti Jalate Raheṅ. (1) Ānanda Kuṭīra Ke ...
The luminous star of the whole world,
The Divine Light of India,
May he keep on illumining forever!
The Divine Deity of 'Ananda Kutir'. . .!

Prema Bhakti Kā Dīpa Jale,
Hameṅ Jāgṛiti Kā Nava Rāha Mile.
Mānava Duḥkha Miṭāte Raheṅ,
Shivānanda Sadā Amara Raheṅ. (2)
To light the lamp of love and devotion,
To show us the new path of awakening,
To remove the suffering of mankind,
Sivananda, immortal is he!



Jalate Jaga Meň Śhānti Nirālī,
Jñāna Sudhā Barasāte Raheň. (3) Ānanda Kuṭīra Ke ...
To bestow peace and the nectar of knowledge
In this world of strife.
The Divine Deity of 'Ananda Kutir'...!

Śhiva Śhaṅkara Kā Le Avatār,
Dayā Prema Ke Heiň Bhaṇḍār
Jaga Ko Divya Banāte Raheň,
Śhivānanda Sadā Amara Raheň. (4)
He is an incarnation of Lord Shiva Shankara,
Storehouse of compassion, mercy and love;
May he divinize the whole world;
Sivananda, immortal is he!

Saṃsāra Ke Patha Se Dūr Kareň,
Hameň Satya Mārga Dikhalāte Raheň. (5) Ānanda Kuṭīra Ke ...
May he save us from the path of Samsara
And show us the path of Truth
The Divine Deity of 'Ananda Kutir'...

Mukha Meň Hari Kā Gīta Rahe,
Aur Śhiva Ke Charaṇoň Meň Prīta Raheň.
Amṛita Gīta Sunāte Raheň,
Śhivānanda Sadā Amara Raheň. (6)
May he make us sing the song of Lord Hari
And give us firm faith and devotion to the feet of Lord Shiva.
May he ever sing the song of Immortality;
Sivananda, immortal is he!

Isa Dhartī Par Yuga Yuga Svāmī,
"Rāmaprema" Barasāte Raheň. (7) Ānanda Kuṭīra Ke ...
O Swami, may the "love of Rama" be showered
On this earth forever and ever!
The Divine Deity of 'Ananda Kutir'...

MANGALA MAYA SIVANANDA

Maṅgala Maya Śhivānanda Daraśhana Tuma Deho
Tava Kṛipā Se Dūra Hota Bhava-bandhana Mero.
O auspicious Sivananda, give me Your Darshan (sight of You)!
By your grace, let the fetters of Samsara (worldly existence) be removed!

Vinati Karata Viśhvanātha, Joṛata Huň Ubhaya Hātha
Tūhi Hamāra Tāta Māta, Charaṇa Śharaṇa Dījo. (1)
Maṅgala-maya Śhīvānanda...
With folded hands, I appeal to You, O Lord of the Universe,
You are my father and mother, let me take refuge at Thy feet.
O auspicious Sivananda ...

Manda Hasana Kamala Vadana Kānti Harana Koṭi Madana
Kisa-vidhā Karūň Tava Bakhāna, Jaga-sarajana-hāro. (2)
Maṅgala-maya Śhīvānanda...
When the whole world fails to describe Your glory, how can I praise You,
Whose gentle smile and lotus-like countenance
Can eclipse the brilliance of a thousand Madanas (god of love).
O auspicious Sivananda ...

Karuṇā Nidhi Viśva Bharaṇa, Parama Dhāma Mokśha Karaṇa
Śharaṇāgata Tāpa Haraṇa Bhagati Jñāna Dījo. (3)
Maṅgala-maya Śhīvānanda...
You are the storehouse of compassion! You are the Sustainer of the universe!
The Ultimate Goal, the bestower of Liberation!
You remove the suffering of those who take refuge in You.
Bless me with devotion and knowledge.
O auspicious Sivananda ...



GANGA KINARE

Shri Ramapremji

Gaṅgā Kināre Merā Ḍerā Re,
Gaṅgā Kināre Merā Ḍerā.
Kalachala, Kalachala Kalachala Gaṅgā Chalati Hei,
Bahata Suśhītala Nīrā. Gaṅgā...

I have taken shelter on the banks of the Ganga.
Flowing swiftly with a musical note,
Very cold and soothing is its water.

Ānanda Kuṭīr Meṅ Vāsa Hamārā,
Svarga Ānanda Kuṭīra, Gaṅgā Kināre Merā.
Kāṣhāya Vasana-dhara Svāmī Śhivānanda,
Guruvara Pūjya Hamārā. (1) Gaṅgā...

Our Heaven is housed in Ananda Kutir.
One who wears an ochre-coloured robe,
Swami Sivananda is he, our most worshipful Gurudev.

Sundara Vadana, Sumadhura Vachana,
Bolata Śhivānanda Merā.
Deśha Videśha Se Bhakta Padhāre,
Milana Svāmī Yogī Vīrā. (2) Gaṅgā...

Such beautiful countenance and melodious voice!
A joy it is to watch my Sivananda speak.
Devotees flock from India and abroad
To meet this illustrious Master of Yoga.

Jaga Meṅ Jñāna Kī Gaṅgā Bahāī,
Mānava Jīvana Divya Banāyā.
Svāmī Śhivānanda Charaṇa Kamala Meṅ,
Rāma-prema Pasārā. (3) Gaṅgā...

Like the swiftly flowing holy Ganga, flooded has he the world
With knowledge that makes the life of man Divine.
Unto the holy feet of Swami Sivananda,
Rama Prema (the poet) surrenders again and again.



MANASA BHAJARE

Guru-charaṇaṃ Bhaja Charaṇaṃ
Sadguru Charaṇaṃ Bhava Haraṇam. (1)
Worship the feet of the Sat Guru (true Guru).
The feet of the Sat Guru destroy the cycle of births and deaths.

Mānasa Bhaja Re Guru Charaṇaṃ
Sadguru Charaṇaṃ Bhava Haraṇam. (2)
O my mind, worship the feet of the Guru.
The feet of the true Guru destroy the cycle of births and deaths.

Bhaja Re Mānasa Guru Charaṇaṃ
Dustara Bhava-sāgara Taraṇaṃ
Sadguru Charaṇaṃ Bhava Haraṇam. (3)
Worship, O mind, the feet of the Guru.
They free us from the ocean of births and deaths so difficult to cross.
The feet of the Sat Guru destroy the cycles of births and deaths.

Guru Mahārāja Guru Jaya Jaya Parabrahma Sadguru Jaya Jaya. (4)
Glory to the Great Guru! Glory to the Sat Guru, the Supreme Reality!

Guru Mahārāj Guru Jaya Jaya Śhivānanda Sadguru Jaya Jaya. (5)
Glory to the Guru! Glory! Glory to the Guru! Glory to Sat Guru Sivananda! Glory! Glory!

JAYA GURUDEVA DAYANIDHE

Jaya Gurudeva Dayānidhe, Bhagatana Ke Hitakārī,
Śhivānanda Jaya Moha Vināśhaka,
Bhava Bandhana-hārī, Bhagatana Ke Hitakārī. Jaya Gurudeva...

Glory to the Divine Guru, an ocean of compassion!
Benefactor of the devotees!
Glory to Sivananda, the dispeller of delusion
Who frees us from the bondage of Samsara!
Benefactor of the devotees!
Glory to the Divine Guru . . .

Brahmā Viṣhṇu Sadāśhiva Ne, Guru Mūrati Dhārī,
Veda Purāṇa Karata Bakhānā, Guru Ki Mahimā Bhārī,
Bhagatana Ke Hitakārī. (1) Jaya Gurudeva...

An embodiment of Brahma, Vishnu and Shiva is the form of Guru!
Vedas and Puranas tirelessly extol the greatness of Guru's glory!
Benefactor of the devotees!
Glory to the Divine Guru . . .

Japa Tapa Tīratha Śhama Yama Dāna, Guru Binā Nahīñ Hovata Jñāna,
Jñāna Khaḍga Se Karmā Kāṭe, Guru Nāma Saba Pātaka-hārī,
Bhagatana Ke Hitakārī. (2) Jaya Gurudeva...

Mantra chanting, austerity, pilgrimage, control of mind and senses, as well as charity
Blossom not to wisdom without Guru's grace!
With the sword of knowledge, he cuts assunder all Karmas.
Guru's Name removes all sins! Benefactor of the devotees!
Glory to the Divine Guru . . .

Tana Mana Dhana Saba Arpaṇa Kīje, Paramāgati Mokṣha Pada Līje,
Saba ke Sahārā Sadguru Nāma, Avināśhī Avikārī,
Bhagatana Ke Hitakārī. (3) Jaya Gurudeva...

O! Let us offer our body, mind, possessions, everything to attain the highest liberation.
The Name of the Sat Guru alone is the support of all,

Indestructible and changeless. Benefactor of the devotees!
Glory to the Divine Guru . . .



OM GURUNATHA

Oṃ Gurunātha Jaya Gurunātha
Jaya Gurunātha Śhiva Gurunātha.
Om (the Sacred Syllable) Gurunatha (the Spiritual Master, the Lord), glory to Gurunatha!
Glory to Gurunatha, who is Shiva (the Auspicious One) Gurunatha!

Jaya Gurunātha Jagad-gurunātha
Jagad-gurunātha Paraṃ Gurunātha.
Glory to Gurunatha, the Master of the world!
The Master of the world, the Supreme Gurunatha!

Paraṃ Gurunātha Sad-gurunātha
Sad-gurunātha Jaya Gurunātha.
The Supreme Gurunatha, the Real Gurunatha!
The Real Gurunatha, glory to Gurunatha!

Sach-chid-ānanda Guru Jaya Guru Jaya Guru
Ajara Amara Guru Jaya Guru Jaya Guru.
Glory to the Guru who is Sat-chit-ananda (Existence-Consciousness-Bliss)!
Glory to the Guru! Glory to the Guru!
Glory to the Guru who is undecaying and immortal!
Glory to the Guru!



SALUTATIONS TO THE DIVINE MOTHER, the Conscious Power (Shakti) of God. Shakti is the Cosmic Energy which sustains the entire universe. Energy is the ultimate substratum of all forms of matter and the sustaining force of the Spirit. Energy and Spirit are inseparable. They are essentially one. The five elements and their combinations are the external manifestations of the Mother. Intelligence, discrimination, psychic power and will are Her internal manifestations. Humanity is Her visible form. Service of humanity is, therefore, the worship of the Divine Mother.

Mother's grace is boundless. Her mercy is illimitable. She is the inexhaustible fountain-source of Divine love, the love that sustains all creation. She graciously assumes the form of the personal Guru in response to the fervent prayers of Her devotee. She is pleased with a little purity of heart. The Divine Mother is known under many names: Durga, Sarasvati, Lakshmi, Parvati, Uma, Gauri, Sharada, Devi, Shakti, Sita, Radha, Rukmini, etc.

May we all obtain the grace of the Divine Mother!

Friday
Dedicated to The Divine Mother



Oṃ Śhrī Parā-Shaktayai Namaḥ
Om! Prostrations to the Supreme Divine Power.

Oṃ Duṃ Durgāyai Namaḥ
Om! Prostrations to Goddess Durga.

Oṃ Śhrīṃ Mahālakṣhmyai Namaḥ
Om! Prostrations to Goddess Lakshmi.

Oṃ Aiṃ Sarasvatyai Namaḥ
Om! Prostrations to Goddess Sarasvati.

SHLOKAS

Sarva-maṅgala-māṅgalye Śhive Sarvārtha Sādhike,
Śharaṇye Tryambake Gaurī Nārāyaṇi Namo'stute.

The most Auspicious of all, the Blissful, the Source of success in all undertakings!
O Bestower of refuge! O Tryambake (the three-eyed) Goddess Gauri (Parvati)! O Narayani (consort of the Supreme Lord Narayana)!
Salutations to Thee!

Sṛiṣhṭi-sthiti-vināśhānāṃ Shakti-bhūte Sanātanī,
Guṇāśhraye Guṇāmaye Nārāyaṇi Namo'stute.

You are the embodiment of the powers of creation, sustenance and destruction, and the eternal Energy of all beings;
You are the Abode of the qualities (of all creation) and the Embodiment of these qualities. Salutations to Narayani!

Śharaṇāgata Dīnārta Paritrāṇa Parāyaṇe,
Sarvasyārti-hare Devi Nārāyaṇi Namo'stute.

You are the Saviour of all who seek Your refuge.
You remove the suffering of all. Salutations to Narayani!

Sarva-svarūpe Sarveśhe Sarva-śhakti-samanvite,
Bhayebhyas-trāhi No Devi Durge Devi Namo'stu Te.

You indwell all forms. You are the life of all. You are the strength of all. Please release us from the clutches of fear and anxiety. O Mother Durga, salutations unto Thee.

Yā Devī Sarva-bhūteṣhu Mātṛi-rūpeṇa Saṃsthitā,
Namas-tasyai Namas-tasyai Namas-tasyai Namo Namaḥ.

The Goddess Who resides in all beings in the form of the Mother,
I bow down to Her, I bow down to Her, I bow down to Her, again and again.

Yā Kundendu-tuṣhāra-hāra-dhavalā Yā Śhubhra-vastrāvṛitā,
Yā Vīṇā-vara-daṇḍa-maṇḍita-karā Yā Śhveta-padmāsanā.
Yā Brahmāchyuta-śhaṅkara-prabhṛitibhir-devaiḥ Sadā Vanditā,
Sā Māṃ Pātu Sarasvatī Bhagavatī Niḥśheṣha-jāḍyāpahā.

May that Supreme Goddess Sarasvati protect me, Who is luminous like jasmine blossoms, the moon, snow and a garland (of pearls), Who wears pure white clothes, Whose hands are adorned with the enchanting Vina (stringed instrument, lute), Who is seated on a white lotus, to Whom Brahma, Vishnu and Shiva ever pay obeisance, and Who eradicates completely all inertness and lethargy (ignorance).



VANI SARASVATI

Vāṇi Sarasvatī Vāg-devī,
Bhagavatī Bhāratī Māṃ Pāhi.

O Goddess of Speech, Mother Sarasvati, Goddess of Eloquence, O Divine Goddess of Knowledge, protect me!

BHAVANYASHTAKAM

(Eight Verses on Bhavani)

Na Tāto Na Mātā Na Bandhurna Dātā
Na Putro Na Putrī Na Bhṛityo Na Bhartā.
Na Jāyā Na Vidyā Na Vṛittir-mamaiva
Gatis-tvaṃ Gatis-tvaṃ Tvam-ekā Bhavāni. (1)

I have no father, no mother, no relative, no benefactor,
No son, no daughter, no servant, no master,
No wife, no knowledge, nothing that is mine –
Thou alone art my only Refuge, O Bhavani!

Bhavābdhav-apāre Mahāduḥkha-bhīruḥ
Papāta Prakāmaṃ Pralobhī Pramattaḥ
Kusaṃsāra-pāśha-prabaddhaḥ Sadāhaṃ
Gatis-tvaṃ Gatis-tvaṃ Tvam-ekā Bhavāni. (2)

Fallen in the shoreless ocean of worldly life
And frightened by great miseries thereof,
Full of desire, greed and pride, I am entangled
in this Samsara (worldly life)—
Thou alone art my only Refuge, O Bhavani!

Na Jānāmi Dānaṃ Na Cha Dhyāna-yogaṃ
Na Jānāmi Tantraṃ Na Cha Stotra-mantram.
Na Jānāmi Pūjāṃ Na Cha Nyāsa-yogaṃ
Gatis-tvaṃ Gatis-tvaṃ Tvam-ekā Bhavāni. (3)

I know not charity, nor the yoga of meditation,
Nor do I know Tantra (ritual worship), nor Stotra
(hymns) or mantra,
Nor worship, nor the yoga of renunciation—
Thou alone art my only Refuge, O Bhavani!

Na Jānāmi Puṇyaṃ Na Jānāmi Tīrthaṃ
Na Jānāmi Muktiṃ Layaṃ Vā Kadāchit.
Na Jānāmi Bhaktiṃ Vrataṃ Vāpi Mātaḥ
Gatis-tvaṃ Gatis-tvaṃ Tvam-ekā Bhavāni. (4)

I do not know merit, nor holy places;
I do not know liberation, nor the yoga of dissolution,
Nor devotion, nor Vrata (vows and fasts), O Mother!
Thou alone art my only Refuge, O Bhavani!

Kukarmī Kusaṅgī Kubuddhiḥ Kudāsaḥ
Kulāchāra-hīnaḥ Kadāchāra-līnaḥ,
Kudṛiṣhtiḥ Kuvākya-prabandhaḥ Sadāhaṃ
Gatis-tvaṃ Gatis-tvaṃ Tvam-ekā Bhavāni. (5)

With impure actions, impure association, impure intellect, impure service;
Devoid of right conduct and noble birth, engaged in impure actions;
With impure vision, speaker of impure sentences am I always.
Thou alone art my only Refuge, O Bhavani!

Prajeśhaṃ Rameśhaṃ Maheśhaṃ Sureśhaṃ
Dineśhaṃ Niśhītheśhvaraṃ Vā Kadāchit.
Na Jānāmi Chānyat Sadāhaṃ Śharaṇye
Gatis-tvaṃ Gatis-tvaṃ Tvam-ekā Bhavāni. (6)

I do not know Brahma, Vishnu, Shiva, Indra, Sun, Moon;
Nor do I know any other.
Thou alone art my only Refuge, O Bhavani!

Vivāde Viṣhāde Pramāde Pravāse
Jale Chānale Parvate Śhatru-madhye,
Araṇye Śharaṇye Sadā Māṃ Prapāhi
Gatis-tvaṃ Gatis-tvaṃ Tvam-ekā Bhavāni. (7)

In dispute, in misery, in inadvertence, in foreign lands,
In water, in fire, on mountains, and in the midst of enemies,
In deep forests, I take refuge in Thee! Protect me always!
Thou alone art my only Refuge, O Bhavani!

Anātho Daridro Jarā-roga-yukto
Mahākṣhīṇa-dīnaḥ Sadā Jāḍya-vaktraḥ.
Vipattau Praviṣhṭaḥ Praṇaṣhṭaḥ Sadāhaṃ
Gatis-tvaṃ Gatis-tvaṃ Tvam-ekā Bhavāni. (8)

I am helpless, penniless, afflicted with old age and disease,
Totally emaciated and miserable,
Dull-faced, sunk in mishaps and lost forever!
Thou alone art my only Refuge, O Bhavani!



AMBA LALITE

Amba Lalite Māṃ Pālaya Paraśhiva-vanite
Saubhāgya-janani Lalite . . .

O Mother Lalita! The Consort of Shiva, the Mother of all good fortunes; protect me.

Amba Sīte Paramānanda-vilasite
Guru-bhakta-janaugha-vṛite Paratattva-sudhā-rasa-milite
Amba Śhāsini Durita-vināśhini Nigama-nivāsini
Vijaya-vilāsini (Bhagavati)... (1) Lalite . . .

Mother! O Sita, Who sports in the Supreme Bliss,
Who is surrounded by great Guru Bhaktas, Who enjoys the nectarine Rasa of the Supreme Truth!
O Ruling Mother, the Remover of misfortune, Who abides in the Vedas, Who sports in victory, O Goddess!

Amba Bāle Kuṅkuma-rekhāṅkita-phāle
Paripālita-sura-muni-jāle Bhava-pāśha-vimochana-mūle
Amba Hima-giri-tanaye Kamala-sunilaye
Sumahita-sadaye (Devi) Sundara-hṛidaye...(2) Lalite . . .

Mother! In the form of a young girl, with a vermillion mark on her forehead,
Who protects all the Gods and Munis, Who causes the destruction of the bonds of Samsara!
O Mother! Daughter of Himalayas, Who rests on a lotus-throne, full of grace and mercy, O Goddess, possessing a soft heart!

Amba Rāme Ghana-sundara-megha-śhyāme
Nilayīkṛita-hara-tanu-vāme Sakalāgama Viditoddhāme
Amba Vāma-chāriṇi Kāma-vihāriṇi
Sāma-vinodini (Devī) Soma-śhekhari... (3) Lalite . . .

Mother Rame (of pleasing nature)! Who adorns the left side of Hara, Who is of swarthy colour like clouds, bluish in complexion, Who is the abode of all the scripture!
O Mother! Who abides in Vamachara (a System of Tantric worship), Who moves according to Her will, Who delights in the hymns of the Sama Veda,
Who is the Consort of the One Who adorns His forehead with a moon!

Amba Tuṅge Bhṛiṅgālaka Parilasad-aṅge
Paripūrita-karuṇāpāṅge Sura-śhātrava-garva-vibhaṅge
Amba Saṅga-rahita-muni-puṅgava-nuta-pade
Maṅgala-śhubhakari (Devī) Sarva-maṅgale...(4) Lalite . . .

Mother! With arched eyebrows, radiant visage and black bee-like locks, Whose eyes are full of compassion, Who destroys the enemies of gods!
O Mother! The Munis who are without any attachment bow down at Thy feet! O Bestower of auspiciousness and blessedness, O Devi (Goddess), the very embodiment of all auspiciousness!

Amba Kunde Parivandita-sanaka-sanande
Vandāru-mahīsura-vṛinde Mṛiga-rāja-skandhe Spande
Amba Indirā-mandire Bindu-samākula-
Sundara-charaṇe (Devi) Tripurasundari... (5) Lalite . . .

O Mother! Of jasmine-like complexion, adored by Sanaka, Sanandana, Gods and Brahmins,
Who moves on the shoulders of the lion (king of animals)!
O Mother! The Abode of prosperity, O Mother, the most beautiful One in the three worlds (prostrations to Thee).

JAGADAMBIKE

Jagadambike Jaya Jaya Jaga Jananī Mā.
Glory to the Divine Mother, Jagadambika (Mother of the universe)!
Glory to Jagajanani (Mother of the universe)!

Kyā Mana-hara Nām Suhāyā Hei.
Vārūñ Mā Saba Kuchh Charaṇoñ Par,
Mere Mana Ko Ye Bhāyā Hei.
Jagadambike Jaya Jaya Jaga Jananī Mā. (1)
How pleased is my heart by Your alluring Name.
To offer all at Your feet, fills my mind with delight.

He Prema Puñja He, Karuṇāmayī,
He Ādi Śhakti Jaga Jananī Mā. He Mā...
Tava Varada Hasta Mama Śhīśha Rahe,
Bālaka Tava Śharaṇa Meñ Āyā Hei. (2) Jagadambike ...
O Mother! You are the Repository of Love and Compassion,
You are the Energy Primordial! Glory to Jagajanani!
Glory to Thee, O Mother!
May Your hand of blessing remain on my head,
For I have taken refuge in You.

Gurudeva Ke Hṛidaya Me Baiṭh Ke Mā,
Tum Ne Kheloñ Ko Khela Hei. He Mā...
Usa Mañjula Veṣha Meñ Ākarke,
Patitoñ Ko Gale Lagāyā Hei,
Dukhiyoñ Ko Gale Lagāyā Hei. (3) Jagadambike...
While seated in the heart of the Divine Guru, O Mother,
You play all the roles in this whole world-show.
In the compassionate form (of the Guru),
You embrace the fallen and distressed.

Śhrī Rāma Tū Hī, Śhrī Kṛiṣhṇa Tū Hī,
Durgā Kālī Śhrī Rādhā Tū.
Durgā Lakṣhmī Sarasvatī Tū.

Brahmā, Viṣhṇu, Śhiva Śhaṅkara Meṅ,
Terā Hī Teja Samāyā Hei. (4) Jagadambike...
Shri Rama, Shri Krishna are none other than You,
Durga, Kali and Shri Radha too!
Durga, Laksmi, Sarasvati too!
In Brahma, Vishnu, and Shiva Shankara,
It is Your glory only that shines.

Ye Akhila Viśhva Jo Dīkha Raha,
Uske Kaṇa Kaṇa Meṅ Tū Baithā Hei.
Sthāvar Jaṅgam Jalachar Nabhachar,
Terā Hī Mamatā Māyā Hei. (5) Jagadambike ...
You fill every speck of this vast universe.
Every living being and every thing, both moving and
Still, in the waters, land or sky,
All are the creation of Your Maya (illusory power).

Mā Jo Pāūṅ Tujh Se Pāūṅ,
Jo Deve Usmeṅ Harṣhāūṅ.
Kuchh Rahe Na Merā Apnāpan,
Meiṅ-ne Sarvasva Charḥāyā Hei. (6) Jagadambike...
O Mother, whatever I receive, comes only from You.
May I be content with whatever You bestow.
Let there not be any sense of 'mine-ness' left in me,
For I have offered everything to You!

Ho Namaskār Mama Bār Bār,
He Ādi Śhakti Tava Charaṇoṅ Meṅ.
Mujh Adhama Patita Aghavārī Ko,
Karuṇā Kar Hṛidaya Lagāyā Hei. (7) Jagadambike...
My prostrations again and again
At Your feet, O Power Divine!
Although I am lowly, downcast and confused,
You so lovingly embrace me.



DINODDHARINI

Dīnoddhāriṇī Durita-hāriṇī
Sattva-raja-tama Triguṇa-dhāriṇī.
The uplifter of the destitute, the absolver of sins,
You are the embodiment of the three Gunas – Sattva, Rajas and Tamas.

Sandhyā Sāvitrī Sarasvatī Gāyatrī
Sītā Jānakī Paṅkajā Lakṣhmī.
You are Sandhya (the twilight), Savitri (the effulgence of the sun),
The Goddess of learning Sarasvati and the mantra Gayatri,
You are Sita, Janaki (Janaka's daughter),
And Pankaja (the lotus born) Goddess Lakshmi.

Sandhyā Sāvitrī Sarasvatī Gāyatrī
Rādhā Rukmiṇī Paṅkajā Lakṣhmī.
You are Sandhya, Savitri, Sarasvati and Gayatri,
You are Radha, Rukmini (Shri Krishna's consort)
And Pankaja Lakshmi.



ISHVARI MAHESHVARI

Īśhvarī Māheśhvarī Parameśhvarī Pāhi Māṃ,
Rājeśhvarī Māteśhvarī Sarveśhvarī Rakṣha Mām.
O Goddess, Great Goddess, Supreme Goddess, protect me!
O Controller of the rulers, Divine Mother, Controller of the entire universe, save me (from all problems, sorrows, difficulties and distress)!

Īśhvarī Māheśhvarī Parameśhvarī Pāhi Māṃ,
Rājeśhvarī Māteśhvarī Bhuvaneśhvarī Rakṣha Mām.
O Goddess, Great Goddess, Supreme Goddess, protect me!
O Controller of the rulers, Divine Mother, Controller of the worlds, save me!



VINA PUSTAKA

Vīṇā-pustaka-dhāriṇī Ambā, Vāṇī Jaya-jaya Pāhi Māṃ,
Śhakti-dāyinī Pāhi Māṃ, Bhukti-dāyinī Pāhi Māṃ,
Bhakti-dāyinī Pāhi Māṃ, Mukti-dāyinī Pāhi Mām.
O Mother, Who holds a book and a Vina (lute) in Her hands, Goddess of Learning, hail, hail to Thee!
O Bestower of power, enjoyment, devotion and liberation!
Protect me from all evils and misfortunes!

AISA PYARA

Shri Hari Om Sharan

Sanskrit Shloka:

Yā Devī Sarva-bhūteṣhu Dayā-rūpeṇa Saṃsthitā,
Namas-tasyai Namas-tasyai Namas-tasyai Namo Namaḥ.

The Goddess Who resides in all beings in the form of Compassion,
O! I bow down to Her, I bow down to Her, I bow down to Her, again and again!

Hindi Doha:

Durgā Durgati Dūr Kar, Maṅgala Kar Sab Kam,
Mana Mandir Ujjval Karo, Kṛipā Kar Ke Mā.

O Mother! O Goddess Durga! Please remove my hardships and make all my acts auspicious;
Light the flames of devotion in the temple of my heart with Your grace.

Aisā Pyāra Bahā De Maiyā, Charaṇoṅ Se Lag Jāūṅ Meiṅ,
Sab Andhakāra Miṭā De Maiyā, Darasa Terā Kar Pāūṅ Meiṅ. (1)
Aisā Pyāra Bahā De Maiyā...

Such love shower down upon me, O Mother, that I seek refuge at Your feet!
Dispel all darkness, O Mother! May I be able to behold Thee!
Such love shower down upon me, O Mother! ...

Jag Meṅ Ākār Jag Ko Maiyā, Ab Taka Nā Pahachāna Sakā,
Kyoṅ Āyā Hūṅ Kahāṅ Hei Jānā, Yah Bhī Na Meiṅ Jāna Sakā,
Tū Hei Agama Agochara Maiyā, Kaho Keise Lakh Pāūṅ Meiṅ. (2)
Aisā Pyāra Bahā De Maiyā...

Although I live in the world, O Mother, I am unable to understand it.
Why have I come? Where am I going? This also I know not!
Incomprehensible and mysterious are You, O Mother! Tell me how to find You!
Such love shower down upon me, O Mother! ...

Kar Kṛipā Jagadambā Bhavānī, Meiṅ Bālaka Nādāna Hūṅ,
Nahīṅ Ārādhana Jap Tap Jānūṅ, Meṅ Avaguṇa Kī Khāna Hūṅ,

De Aisā Vardāna He Maiyā, Sumirana Terā Gāūň Meiň. (3)
Aisā Pyāra Bahā De Maiyā...
Have mercy on me, O Mother of the universe! Just a naive child am I!
I don't know how to pray, chant or perform penance; a mine of vices am I!
Grant me such benediction, O Mother, that I may sing Your Name eternally!
Such love shower down upon me, O Mother!...

Meiň Bālaka Tū Maiyā Merī, Nisa-dina Terī Oṭ Hei,
Terī Kṛipā Hī Meṭegi, Bhītara Jo Bhī Khoṭ Hei,
Śharaṇa Lagā Lo Mujh Ko Maiyā, Tujh Par Bali Bali Jāūn Meiň. (4)
Aisā Pyāra Bahā De Maiyā...
O Mother! Your child am I, You are my Mother;
Your care remains with me day and night.
By Your grace alone, my faults will be erased.
Grant me Thy refuge, O Mother! Again and again, I surrender unto Thee!
Such love shower down upon me, O Mother!...

JAYA JAGA JANANI

Jaya Jaga Jananī Saṅkaṭa Hāriṇī,
Tribhuvana Tāriṇī Māheśhvarī.
Glory to the Mother of the world who removes all difficulties,
She is the Great Goddess who saves the three worlds.

Muni Mana-rañjanī Bhava-bhaya Hāriṇī,
Tribhuvana Tāriṇī Māheśhvarī.
She delights the hearts of the silent sages (who meditate upon her)
And removes their fear of Samsara;
She is the Great Goddess who saves the three worlds.

Māheśhvarī Jaya Māteśhvarī Jaya,
Māheśhvarī Jaya Māteśhvarī.
Glory to the Great Goddess, glory to the Divine Mother...

OM SHAKTI OM

Oṃ Śhakti Oṃ Śhakti Oṃ Śhakti Oṃ,
Brahma Śhakti, Viṣhṇu Śhakti, Śhiva Śhakti Om.
Om Shakti (the Divine Power or Energy), Om Shakti, Om Shakti,
Brahma Shakti (the Power of Brahma), Vishnu Shakti (the Power of
Vishnu), Shiva Shakti (the Power of Shiva).

Ādi Śhakti, Mahā-śhakti, Parā-Śhakti Oṃ,
Ichchhā Śhakti, Kriyā Śhakti, Jñāna Śhakti Om.
Adi Shakti (the Primal Energy), Mahashakti (the Great Power),
Parashakti (the Supreme Power),
Ichchha-shakti (the Power of will), Kriya-shakti (the Power of action),
Jñana-shakti (the Power of wisdom).

JAYA NARAYANI NAMO'STUTE

Jaya Nārāyaṇi Namo'stute Jaya Nārāyaṇi Namo'stute
Jaya Nārāyaṇi Namo'stute Nārāyaṇi Namo'stute.
Glory to Narayani, salutations to Narayani...
Salutations to Narayani...

Jagad-dhātrī Rāja-rājeśhvarī Bhava-tāriṇi Mā Bhavāni,
Mahā-māyī Māyā-mayī Jagan-māte Mahā-devī.
You are the Creator of the world, Rajarajeswari, Mother Bhavani.
You liberate souls from the ocean of Samsara.
O Mother, the Giver of life! The great Illusionist!
Mother of the universe, the Great Goddess!

Jagadambe Jagadambe Jagadambe Jagadambe Jagadambe
Jaya Jagadambe Jaya Jagadambe Jaya Tulja Bhavānī.
O Mother of the World...!
Glory to Thee, Mother of the World, the presiding Deity of Tuljapur,
Giver of life!

GAURI GAURI GANGE

Gaurī Gaurī Gaṅge Rājeśhvarī,
Gaurī Gaurī Gaṅge Bhuvaneśhvarī,
Gaurī Gaurī Gaṅge Māheśhvarī,
Gaurī Gaurī Gaṅge Māteśhvarī.

Gauri (the Radiant Mother), Gauri, Gange (Ganga Mother),
Rajeshvari (the Ruler of kings),
Gauri, Gauri, Gange, Bhuvaneshvari (the Ruler of the universe).
Gauri, Gauri, Gange, Maheshvari (the Great Goddess),
Gauri, Gauri, Gange, Mateshvari (the Divine Mother).

Gaurī Gaurī Gaṅge Mahākālī,
Gaurī Gaurī Gaṅge Mahālakṣhmī,
Gaurī Gaurī Gaṅge Pārvatī,
Gaurī Gaurī Gaṅge Sarasvatī.

Gauri, Gauri, Gange, Mahakali (the Great Black Goddess),
Gauri, Gauri, Gange, Mahalakshmi (the Great Goddess of fortune).
Gauri, Gauri, Gange, Parvati (the Daughter of mountain, Consort of Shiva),
Gauri, Gauri, Gange, Sarasvati (the Goddess of wisdom).

Māheśhvarī Jaya Māteśhvarī, Māheśhvarī Jaya Māteśhvarī,
Māheśhvarī Jaya Māteśhvarī, Māheśhvarī Jaya Māteśhvarī.

Glory to Maheshvari! Glory to Mateshvari...

Rāma Hare Siyā Rāma Rām, Rāma Hare Siyā Rāma Rām,
Kṛiṣhṇa Hare Rādhe Śhyāma Śhyām, Kṛiṣhṇa Hare Rādhe Śhyāma Śhyām.

O Rama, Hari, Sita-Rama...
O Krishna, Hari, Radhe-Shyama...

SALUTATIONS TO LORD RAMA, the seventh incarnation of Lord Vishnu, who was the personification of measureless, pure Consciousness and Bliss. He is the Consort of Sita, the Master of Hanuman, and the Lord of the three worlds, Who took birth of His own will in order to establish righteousness, destroy the wicked and protect His devotees. He was well accomplished, beautiful and endowed with the marks of royalty. His glory and prowess were unlimited. He was peerless on earth. He was free from malice. He was gentle. He was the protector of all His people. He always addressed them in gentle words. He ruled his people so well that his reign came to be known as Ram-Rajya, the reign of righteousness, the rule which bestows happiness and prosperity on all.

He was an ideal son, an ideal brother, an ideal husband, an ideal friend and an ideal king. He led the ideal life of a householder to teach the tenets of righteousness to humanity. Shri Rama was not simply a good and a great person, but God Himself. A true devotee of Lord Rama is His representative on earth.

May Lord Rama bless us all!

Saturday
Dedicated to Lord Rama, Shri Hanumanji and Lord Venkatesha



Oṃ Śhrī Rāma Jaya Rāma Jaya Jaya Rāma

Om! Glory to Lord Rama
(the impersonal Supreme Being Who incarnated
as the pleasing and loving divine King Rama)!
Glory, glory to Lord Rama!

SHLOKAS

SHRI RAMAVANDANA

(Obeisance to Lord Rama)

Āpadām-apahartāraṃ, dātāraṃ Sarva-sampadām.
Lokābhirāmam Śhrī-rāmaṃ, Bhūyo Bhūyo Namāmyaham.

I bow down to Shri Rama again and again, Who removes all affliction, Who bestows all blessings and Who is charming to all people.

Rāmāya Rāma-bhadrāya, Rāma-chandrāya Vedhase.
Rāghu-nāthāya Nāthāya, Sītāyāḥ Pataye Namaḥ.

Salutations unto Lord Rama, Who is auspiciousness, Whose presence is pleasing like the moon and Who is the Pious one, Who is the Lord of the Raghu dynasty, the Lord of all beings, and the Consort of Sita.

Nīlāmbuja-śhyāmala-komalāṅgaṃ,
Sītā-samāropita-vāma-bhāgam.
Pāṇau Mahā-sāyaka-chāru-chāpaṃ,
Namāmi Rāmaṃ Raghu-vaṃśha-nātham.

I bow down to Rama, Whose hue resembles the blue lotus, Who has a delicate body,
Who has seated Sita on His left side,
Who holds the great arrow and beautiful bow in His hand,
Who is the Lord born in the lineage of Raghu.

Śhrī Rāma Rāma Rāmeti Rame Rāme-mano-rame,
Sahasra-nāma Tat-tulyaṃ Rāma-nāma Varānane.

Lord Shiva told Parvati: "I meditate upon Shri Rama as 'Sri Rama Rama Rama'.
The thrice repetition of Rama's name is equal to the recitation of the thousand names of Lord Vishnu.



Lokābhirāmaṃ Raṇa-raṅga-dhīraṃ,
Rājīva-netraṃ Raghu-vaṃśha-nātham.
Kāruṇya-rūpaṃ Karuṇā-karantaṃ,
Śhrī Rāma-chandraṃ Śharaṇaṃ Prapadye.

I take refuge in Shri Ramachandra, Who is the most beautiful in the world,
Who is valiant on the battlefield, Who has blue lotus-like eyes, Who is the Lord of Raghu's dynasty and Who is the embodiment of compassion and a treasure of mercy.



Rāmo Rājamaṇih Sadā Vijayate Rāmaṃ Rameśhaṃ Bhaje,
Rāmeṇābhihatā Niśhācharachamū Rāmāya Tasmai Namaḥ.
Rāmān-nāsti Parāyaṇam Parataraṃ Rāmasya Dāso'smyahaṃ,
Rāme Chittalayaḥ Sadā Bhavatu Me Bho Rāma Mām-uddhara.

I worship Rama, the crest-jewel among kings, through Whom the hoards of demons have been destroyed.
Beyond Him there is nothing greater to be worshipped. I am His servant; my mind is totally absorbed in Him. O Rama, please rescue me (from the ocean of phenomenal existence)!



Dakṣhiṇe Lakṣhmaṇo Yasya,
Vāme Cha Janakātmajā.
Purato Mārutir-yasya,
Taṃ Vande Raghu-nandanam.

I bow to that Lord Raghunandana (Rama), on Whose right side is Lakshmana, on Whose left side is His consort Sita, daughter of Janaka, and in front (in eternal obeisance) is Maruti (Shri Hanuman).



SHRI RAMACHANDRA KRIPALU

Saint Tulsidas

Śhrī Rāma-chandra Kṛipālu Bhaja Mana,
Haraṇa Bhava-bhaya-dāruṇam.
Nava-kañja Lochana Kañja,
Mukha Kara Kañja Pada Kañjāruṇam.

O mind! Sing praises of Shri Rama, Who is all compassion, Who mitigates the greatest fear of Samsara, and Whose eyes, mouth, hands and feet are beautiful like the freshly bloomed lotus.

Kandarpa Agaṇita Amita Chhavi,
Navanīla Nīrada Sundaram.
Paṭapīta Mānahu Tarita Ruchi Śhuchi,
Noumi Janaka-sutāvaram. (1) Śhrī Rāma-chandra...

(O mind! Sing praises of Shri Rama!) Whose beauty excels the beauty of many Cupids put together; Whose beautiful body is like a newly formed dense blue cloud! Whose pure beautiful yellow robes are shining like lightning! Who is born on Navami (9th day of the fortnight)! Who is the consort of Janaka's daughter (Sita)!

O mind! Sing praises of Shri Rama...

Bhaju Dīna-bandhu Dineśha Dānava,
Daitya-vaṃśha-nikandanam.
Raghunanda Ānanda-kanda,
Kauśhala-chanda Daśharatha-nandanam. (2) Śhrī Rāma-chandra...

(Sing praises of Shri Rama!) Who is the friend of the poor! Who is the Lord of the day! Who destroyed the lineage of demons issuing from Danu and Diti! Who is the Descendent of Raghu, the Giver of joy, the moon of the Koshala Kingdom and the Son of Dasharatha!

O mind! Sing praises of Shri Rama...

Sira Mukuṭa Kuṇḍala Tilaka Chāru,
Udāru Aṅga-vibhūṣhaṇam.
Ājānu Bhuja Śhara Chāpa-dhara,
Saṅgrāma-jita Khara Dūṣhaṇam. (3) Śhrī Rāma-chandra...

(Sing praises of Shri Rama) Who has a crown on His head! Who is adorned with ear-rings! Who has a beautiful tilak (the vermilion mark) on his forehead! Whose mighty limbs are adorned with ornaments! Who has long arms reaching his knees! Who holds a bow and arrow! Who defeated the demons Khara and Dushana in a (fierce) battle!

O mind! Sing praises of Shri Rama...

Iti Vadati Tulasīdāsa Śhaṅkara,
Śheṣha Muni Mana Rañjanam.
Mama Hṛidaya-kañja Nivāsa Kuru,
Kāmādi-khala-dala-gañjanam. (4) Śhrī Rāma-chandra...

So says Tulsidas: "O Rama! You Who delight the hearts of Shankara, Shesha and saints, reside in my lotus-like heart and destroy the impure demons, the six-fold foes, that are present in me — Kama (desire), Krodha (anger), Lobha (greed), Moha (delusion), Mada (arrogance), and Matsarya (jealousy)!"

O mind! Sing praises of Shri Rama...

THUMAKA CHALATA RAMACHANDRA

Saint Tulsidas

Ṭhumaka Chalata Rāmachandra, Ṭhumaka Chalata Rāmachandra,
Bājata Peiñjaniyāñ.

Baby Rama walks, swaying unsteadily,
His anklets ringing in tune with His steps.

Kilaki Kilaki Uṭhata Dhāya, Girata Bhūmi Laṭapaṭāya,
Dhāya Māta Goda Leta Daśharatha Kī Raniyāñ. (1)
Ṭhumaka Chalata...

Laughing joyously He tries to run, but stumbles and falls.
Fondly He is lifted into the laps of King Dasharatha's queens.
Baby Rama walks...

Āñchala Raja Aṅga Jhāri Vividha Bhāñti So Dulāri,
Tana Mana Dhana Vāri Vāri Kahata Mṛidu Bachaniyāñ. (2)
Ṭhumaka Chalata...
They cover Him with their saris, dusting off the sand and caressing His bruises.
They are ready to sacrifice their body, mind and wealth to make Him feel better; with sweet words they try to comfort Him.
Baby Rama walks...

Vidruma Se Aruṇa Adhara Bolata Mukha Madhura Madhura,
Subhaga Nāsikā Meñ Chāru Laṭakata Laṭakaniyāñ. (3)
Ṭhumaka Chalata...
Baby Rama's ruby lips say sweet melodious words,
Ornaments decorate His beautiful nose and waist.
Baby Rama walks...

Tulasīdāsa Ati Ānanda Dekha Ke Mukhāravinda,
Raghuvara Chhabi Ke Samāna Raghuvara Chhabi Baniyāñ. (4)
Ṭhumaka Chalata...
Gazing in rapture on the little face of Rama, as beauteous as a lotus in bloom,
The poet Tulsidas is filled with bliss. Baby Rama is exactly as he had imagined Him to be!
Baby Rama walks...



RAMA NA BISARA BANDE

Rāma Na Bisāra Bande, Rāma Na Bisāra Bande,
Rāma Na Bisāra Bande Re,
Khālī Ānā Khālī Jānā.
Dhana Yauvana Kā Nāhiň Ṭhikānā,
Ismeň Nahiň Kuchha Sāra Bande. Rāma...

Do not forget Rama (God), O my child! ....
You come empty handed, go empty handed.
Wealth and youth are transient,
There is no essence in these, O my child!
Do not forget ...

Yaha Duniyā Do Dina Kā Melā,
Na Tū Kisī Kā Na Koī Terā.
Jīvana Hei Dina Chāra Bande. (1) Rāma...

This world is a fair (lasting) for a few days.
You belong to nobody, nobody belongs to you.
Life is very short, O my child!
Do not forget ...

Jaga Meň Phūl Khile Hein Raṅgīle,
Sundara Pyāre Aura Rasīle.
Mata Kara Na Koī Pyāra Bande. (2) Rāma...

Multi-colored flowers blossom in this world,
beautiful, lovely and fragrant.
Do not get bewitched by them, O my child!
Do not forget ...

Bhūle Rāhī Sunate Jānā,
Jhūṭhe Jaga Meň Na Bharamānā.
Terī Hei Mañjila Pāra Bande. (3) Rāma...

O traveller who has gone astray, hearken!
Do not get deluded by this illusory world.
O my child, your destination is beyond this!
Do not forget...

BHAJA MANA RAMACHARANA SUKHADAI

Saint Tulsidas

Bhaja Mana Rāmacharana Sukhadāī,
O Mana Rāmacharana Sukhadāī.
Bhaja Mana...
O mind! Worship the feet of Lord Rama, which bestow all happiness.

Jihi Charanana Se Nikasī Surasari Saṅkara Jaṭā Samāī,
Jaṭā-saṅkarī Nāma Paryo Hei, Tribhuvana Tārana Āī. (1)
Bhaja Mana...
From Whose feet emerged the river of the celestials (the Ganges) that entered the matted locks of Shankara (Lord Shiva).
Hence, She Who came to liberate the beings of the three realms, received the name "Jata Shankari."
O mind! Worship the feet of Lord Rama....

Jina Charanana Kī Charana-pādukā, Bharata Rahyo Lau Lāī,
Soi Charana Kevaṭa Dhoi Līne, Taba Hari Nāva Chalāī. (2)
Bhaja Mana ...
For Whose padukas (sandals) Bharata had great devotion, holding them close to his heart; those very feet the Boat-man washed before rowing the boat of Hari.
O mind! Worship the feet of Lord Rama....

Soi Charana Santana Jana Sevata, Sadā Rahata Sukhadāī,
Soi Charana Gautama Ṛiṣhi Nārī, Parasi Parama-Pada Pāī. (3)
Bhaja Mana ...
Those feet are worshipped by saints and sages and always bestow happiness; the touch of those holy feet enabled Ahalya (Rishi Gautama's wife) to attain the supreme state of liberation.
O mind! Worship the feet of Lord Rama....

Daṇḍaka Bana Prabhu Pāvana Kīnhouň, Ṛiṣhiyana Trāsa Miṭāī,
Soī Prabhu Triloka Ke Svāmī Kanaka Mṛigā Saṅga Dhāī. (4)
Bhaja Mana ...

The Lord sanctified the Dandaka forest and removed the hardships of the Rishis! The same Lord, Who is the Master of the three worlds, also chased the golden deer (Maricha)!
O mind! Worship the feet of Lord Rama....

Kapi Sugrīva Bandhu Bhaya Byākula, Tina Jaya Chhatra Phirāī,
Ripu Ko Anuja Bibhīṣhana Nisichara, Parasata Laṅkā Pāī. (5)
Bhaja Mana ...
(By the Grace of those Holy Feet) the monkey King Sugriva, though fear-stricken by his brother (Bali), ultimately became the king. Although the demonical king Ravana is Your enemy, You gave refuge to his younger brother, Vibhishana. The touch of Thy holy feet bestowed on him the kingdom of Lanka.
O mind! Worship the feet of Lord Rama....

Siva Sanakādika Aru Brahmādika Seṣha Sahasa Mukha Gāī,
Tulasidāsa Māruta-suta Kī Prabhu Nija Mukha Karata Baṛaī. (6)
Bhaja Mana...
Shiva, Sanaka, Brahma, other gods and Shesha with his thousand mouths all sang about the Glory of Thy Feet! But Lord Rama with His own mouth sings the Glory of Hanuman! So says Tulsidasa.
O mind! Worship the feet of Lord Rama....



DINA NIKE

Dina Nīke Bīte Jāte Heiň.
The days are passing away quickly.

Sumirana Kara Śhrī Rāma-nāma,
Taja Viṣhaya Bhoga Aru Sarva Kāma.
Tere Saṅga Chale Nahiň Eka Dāma,
Jo Dete Heiň So Pāte Heiň. (1) Dina Nīke...
Remember the holy name of Shri Rama!
Give up sensual enjoyments and all desires.
Not a cent will go with you.
Only they, who give, get something in return.
The days are . . .

Bhāī-bandhu Aru Kuṭumba-parivāra,
Kisake Ho Tum Kouna Tumhāra.
Kisake Bala Hari-nāma Bisāra,
Saba Jīte Jī Ke Nāte Heiň. (2) Dina Nīke...
Brothers, friends and family members,
Are related to you only as long as you are alive.
Whose are you then? And who is yours?
Relying upon whose strength have you forsaken the holy name of Shri Hari?
The days are . . .

Lakha Chourāsī Bharama Ke Āye,
Baṛe Bhāga Mānuṣha-tana Pāye.
Tisa Para Bhī Nahiň Karī Kamāī,
Phira Pāchhe Pachhatāte Heiň. (3) Dina Nīke...
You have already traversed the 84 Lakhs of Yonis (wombs) of the life forms!
With great good fortune you have received this human body.
Still, you have not done anything (to attain liberation)!
For this, you will certainly repent!
The days are . . .

Jo Tū Lāge Viṣhaya-vilāsa,
Mūrakha Phaṅse Mṛityu Kī Pāsa.
Kyā Dekhe Śhvāsa Kī Āśha,
Gaye Pher Nahiṅ Āte Heiṅ. (4) Dina Nīke...

O foolish people! Enjoying the countless pleasures of the world entangles you in the net of the so-called Death.
Why do you assume that breath will follow breath?
(Remember) what is gone, is gone forever.
Those who have passed away will never return!
The days are . . .

RAMA RAMA ... NAMA TARAKAM

Rāma, Rāma, Rāma, Rāma - Rāma, Rāma, Rāma, Rām.
Rāma, Rāma, Rāma, Rāma - Rāma, Rāma, Rāma, Rām.

Rāma Rāma Rāma Rāma Rāma Nāma Tārakaṃ,
Rāma Kṛiṣhṇa Vāsudeva Bhakti Mukti Dāyakam.

The Name of Lord Rama confers liberation,
The Name of Lord Rama, Krishna or Vasudeva gives devotion and liberation.

Jānakī Manoharaṃ Sarva-loka Nāyakaṃ,
Śhaṅkarādi Sevya-māna Divya Nāma Kīrtanam.

The One who steals the heart of Janaka's daughter (Sita), He is the Lord of the whole world,
Lord Shankara (Shiva) and the other gods sing worshipfully the Divine Name of Rama.

Jānakī Manoharaṃ Sarva-loka Nāyakaṃ,
Śhaṅkarādi Sevya-māna Puṇya Nāma Kīrtanam.

The One who steals the heart of Janaka's daughter (Sita), He is the Lord of the whole world, Lord Shankara and the other gods sing worshipfully the Auspicious Name of Rama.

SHRI RAMA SE KOI MILA DE

Śhrī Rāma Se Koī Milā De, Mujhe Rāma Se Koī Milā De.
Bina Lāṭhī Kā Nikalā Andhā, Rāha Se Koī Lagā De.
Śhri Rāma Se...
May someone help me to meet Lord Rama.
The blind one has started without a stick. May someone take me to the path.
May someone help me...

Koī Kahe Vaha Vase Avadha Meň, Koī Kahe Vaha Vṛindāvana Meň,
Koī Kahe Tīratha Mandira Meň, Koī Kahe Milte Vo Mana Meň.
Some say that He lives in Avadha. Some say that He lives in Vrindavan.
Some say that He lives in holy places and temples. Some say He can be found in the heart.

Dekha Sakūň Meiň Apane Mana Meň, Koī Aisī Jyoti Jalā De.
Śhraddhā-jyoti Jalā De, Bhakti-jyoti Jalā De, Jñāna-jyoti Jalā De. Śhri
Śhri Rāma Se...
May someone light such a light that I may see Him in my own heart.
Light the light of Shraddha (faith). Light the light of Bhakti (devotion).
Light the light of Jñana (wisdom).
May someone help me...

HARE RAMA HARE RAMA

Hare Rāma Hare Rāma, Rāma Rāma Hare Hare,
Hare Kṛishṇa Hare Kṛishṇa, Kṛishṇa Kṛishṇa Hare Hare.
O Hari (the Destroyer of sins), O Rama (the One Who delights everybody)...
O Hari, O Krishna (of dark-blue hue)...



RAMACHANDRA RAGHUVIRA

Rāma-chandra Raghu-vīra, Rāma-chandra Raṇa-dhīra,
Rāma-chandra Raghu-nātha, Rāma-chandra Jagan-nātha.
Ramachandra (with moon-like face) – the Hero of the Raghu dynasty.
Ramachandra – most valiant in battle.
Ramachandra – the Lord of the House of Raghu.
Ramachandra – the Lord of the universe.

Rāma-chandra Raghu-rāma, Rāma-chandra Param-dhāma,
Rāma-chandra Mama Bandho, Rāma-chandra Dayā-sindho.
Ramachandra – the Delightful (descendant of) Raghu.
Ramachandra – the Supreme Abode.
Ramachandra – my closest one.
Ramachandra – the Ocean of mercy.

Rāma-chandra Mama Daivaṃ, Rāma-chandra Kula-daivaṃ,
Rāma-chandra Raghu-vīra, Rāma-chandra Raṇa-dhīra.
Ramachandra – my God. Ramachandra – the God of my family.
Ramachandra – the Hero of the Raghu dynasty.
Ramachandra – most valiant in battle.

SITA RAMA RADHE SHYAMA

Sītā Rāma Rādhe Shyāma,
Hari Oṃ Sach-chid-ānanda.

Sita Rama, Radhe Shyama (Krishna),
Hari (the Destroyer of evil) Om Sat-Chit-Ananda (Existence-Consciousness-Bliss).

RAGHUPATI RAGHAVA

(A favourite song of Mahatma Gandhiji)

Raghupati Rāghava Rājā Rām,
Patita Pāvana Sītā Rām.

Raghupati (the Lord of Raghu's dynasty), Raghava (the Descendant of Emperor Raghu), the King Rama,
Purifier of the fallen, Sita (Lord Rama's Queen) Rama.

Sītā Rām, Sītā Rām,
Bhaja Pyāre Tū Sītā Rām. (1) Raghupati Rāghava...

Sita Rama, Sita Rama!
O dear ones, sing Sita Rama!

Īśhvara Allāh Tere Nām,
Saba Ko Sanmati De Bhagavān. (2) Raghupati...

Ishvara and Allah are Your Names,
O Lord! Give us right understanding.

Mandira Masjid Tere Dhām,
Satya Ahiṃsā Tere Nām. (3) Raghupati...

Temples and Mosques are Your Abode,
Truth and Non-violence are Your Names.

RAMA JINKA NAMA HEI

Rāma Jinkā Nāma Hei, Ayodhyā Jinkā Dhāma Hei,
Aise Raghu-nandan Ko, Hamāra Bhī (Bārambār) Praṇām Hei. (1)
He Whose Name is Rama, Whose abode is Ayodhya,
To such Descendent of Emperor Raghu, our reverential prostrations (again and again).

Śhyāma Jinkā Nāma Hei, Gokul Jinkā Dhāma Hei,
Aise Bhakti-dātā Ko, Hamāra Bhī (Bārambār) Praṇām Hei. (2)
He Whose Name is Shyama, Whose abode is Gokula,
To such a Bestower of Devotion, our reverential prostrations (again and again).

Pāṇḍurāṅga Nāma Hei, Paṇḍarīpura Dhāma Hei,
Aise Dayā Sāgar Ko, Hamārā Bhī (Bārambār) Praṇām Hei. (3)
He Whose Name is Panduranga, Whose abode is Pandaripura,
To such Ocean of Compassion, our reverential prostrations.

Śhaṅkar Jinkā Nāma Hei, Kāśhī Jinkā Dhāma Hei,
Aise Mukti-dātā Ko, Hamāra Bhī (Bārambār) Praṇām Hei. (4)
He Whose Name is Shankara, Whose abode is Kashi (Varanasi),
To such a Bestower of Liberation, our reverential prostrations (again and again).

Veṅkaṭa-ramaṇa Nāma Hei, Tirumala-giri Dhāma Hei,
Aise Āpad-bāndhav Ko, Hamāra Bhī (Bārambār) Praṇām Hei. (5)
He Whose Name is Venkataramana, Whose abode is Tirumala Hill,
To such Friend-in-need our reverential prostrations (again and again).

Śhivānanda Nāma Hei, Ānanda Kuṭīr Dhāma Hei,
Aise Sadguru-deva Ko, Hamāra Bhī (Bārambār) Praṇām Hei. (6)
He Whose Name is Sivananda, Whose abode is Ananda Kutir (name of Gurudev's cottage)
To such a Divine Master, our reverential prostrations (again and again).

SITA RAM SITA RAM

Sītā Rām, Sītā Rām,
Rāma Rāma Jay, Rājā Rām.
Sita Rama! Sita Rama!
Glory to Rama, King Rama!

Daśharatha-nandana, Rājā Rām,
Kausalyā-priya, Sītā Rām,
Raghu-kula-bhūṣhaṇa, Rājā Rām,
Sītā Rām, Sītā Rām.
Dasharatha's Son, King Rama!
Who is dear to Kausalya (His mother), Sita Rama!
The jewel of Raghu's dynasty, King Rama!
Sita Rama! Sita Rama!

Raghu-pati Rāghava, Rājā Rām,
Patita Pāvana, Sītā Rām,
Māruti-nandana Sevita Rām,
Sītā Rām, Sītā Rām.
The Lord of Raghu's dynasty, the Descendant of Raghu,
King Rama! The Purifier of the fallen, Sita Rama!
Who is served by the son of the Wind (Hanuman), Rama!
Sita Rama! Sita Rama!

SITA RAMA KAHO

Sītā Rāma Kaho, Rādhe Shyāma Kaho,
Sītā Rāma Kaho, Rādhe Shyāma Kaho.
Chant Sita Rama, chant Radhe Shyama,
Chant Sita Rama, chant Radhe Shyama.

Sītā Rāma Binā, Sukha Kouna Kare,
Rādhe Shyāma Binā, Duḥkha Kouna Hare. (1) Sītā Rāma Kaho...

Other than Sita Rama, who can give us happiness?
Who will remove sorrows, other than Radhe Shyama (Krishna)?

Sītā Rāma Binā Uddhāra Nahīñ
Rādhe Shyāma Binā Beṛā Pāra Nahīñ. (2) Sītā Rāma Kaho...
Without Sita Rama, Liberation is not possible,
Without Radhe Shyama, Samsara (illusory world) cannot be crossed.

Sītā Rāma Binā Sukha Svapna Nahīñ,
Rādhe Shyāma Binā Koī Apanā Nahīñ. (3) Sītā Rāma Kaho...
Without Sita Rama, none can dream of happiness.
Other than Radhe Shyama, none else is our own.



JANAKI NATHA SAHAYA

Saint Tulasidas

Jānakī Nātha Sahāya Kare Jaba,
Kouna Bigāṛa Kare Nara Tero.
When Janaki's (Sita's) Lord is with you,
Who can do you any harm?
(Janaki's Lord is Lord Rama.)

Sūraja Maṅgala Soma Bhṛigu-suta,
Budha Aru Guru Vara Dāyaka Tero,
Rāhu Ketu Kī Nāhiṅ Gamyatā,
Saṅga Śhanīchara Hota Uchero. (1) Jānakī Nātha...
It is said that the Sun, Mars, the Moon, Venus, Mercury,
the Seven Stars and Jupiter all become favourable to you;
Rahu, who causes the eclipse, and the planets Ketu and
Saturn dare not approach you.

Duṣhṭa Duḥśhāsana Vimala Draupadī,
Chīra Utāra Kumantara Prero,
Jāki Sahāya Kare Karuṇā-nidhi,
Baṛha Gaye Chīra Ke Māra Dhanero. (2) Jānakī Nātha...
When the evil Duhshasana, inspired by immoral advice,
attempted to disrobe the chaste Draupadi,
the Lord, Who is an Ocean of mercy,
increased the length of her sari (Indian cloth) infinitely.

Garabha Meṅ Rākhyo Parīkṣhita Rājā,
Aśhvatthāma Jaba Astra Ko Prero.
Bhārata Meṅ Maruhī Ke Aṇḍā,
Tā Para Gaja Kā Ghaṇṭā Gero. (3) Jānakī Nātha...
He protected King Parikshit in his mother's womb
when Ashvattama shot his missile to kill him.
He protected an egg lying on the battlefield of Kurukshetra
covering it with the bell of an elephant.

Jāki Sahāya Kare Karuṇā-nidhi,
Tāke Jagata Meñ Bhāga Baṛero.
Raghu-vaṃśhī Santana Sukha-dāyī,
Tulasīdāsa Charaṇana Ko Chero. (4) Jānakī Nātha...

The one who has the Lord by his side,
Who is an Ocean of compassion,
Rises greater and greater in this world.
His fortune can never be described in words!
The Lord of Raghu's dynasty is the Giver of great joy
to saints and devotees! Tulasidasa says:
I am a servant at Thy Feet, O Ramachandraji!



SALUTATIONS TO SHRI HANUMAN, who is the Avatara (divine incarnation) of Lord Shiva born of Marut, the Wind-god, and Añjani Devi. He possessed extraordinary strength and powers which he manifested on several critical occasions on behalf of Shri Rama, the Lord of his heart.

Lord Hanuman is worshipped all over India—either alone or together with Shri Rama. Every temple of Shri Rama has the Murti or idol of Shri Hanuman. He is the living embodiment of Rama-Nama. He was an ideal selfless worker, a true Karma Yogi who worked desirelessly and dynamically. He was a great devotee and an exceptional Brahmachari or celibate. He served Shri Rama with pure love and devotion, without expecting anything in return. He lived to serve Shri Rama. He was humble, brave and wise. He possessed all the divine virtues. He did what others could not do. Lord Rama bestowed upon him the gift of living forever. It is believed that Hanuman, even today, visits incognito places where Rama's Name and glories are sung.

Glory to Hanumanji! Glory to His Lord, Shri Rama! May His blessing be upon us all!

Shri Hanumanji



Oṃ Śhrī Hanumate Namaḥ

Om! Prostrations to Lord Hanuman.

Mano-javaṃ Māruta-tulya-vegaṃ Jitendriyaṃ Buddhimatāṃ Variṣhṭham.
Vātātmajaṃ Vānara-yūtha-mukhyaṃ Śhrī Rāma-dūtaṃ
Śharaṇaṃ Prapadye.

I bow my head to Hanumanji, I bow to the Son of the Wind, messenger of Rama, leader of the monkey army, Who is as fast as the wind and as quick as the mind, Who is the master of his senses and most distinguished and wise.

SHLOKAS

Yatra Yatra Raghunātha-kīrtanaṃ Tatra Tatra Kṛita-mastakāñjalim.
Vāṣhpa-vāri-pari-pūrṇa-lochanaṃ Mārutiṃ Namata Rākṣhasāntakam.

Prostrations to Maruti (Hanuman), the Destroyer of the Rakshasas (demons), Who, with head bent down, palms folded in adoration and eyes brimming with tears, frequents every place where Rama's Name is glorified.

Atulita-bala-dhāmaṃ Hema-shailā Bhadehaṃ Danuja-vana-kṛiśhānuṃ
Jñāninām Agragaṇyam. Sakala-guṇa-nidhānaṃ Vānarāṇām-adhīśhaṃ
Raghupati-priya-bhaktaṃ Vāta-jātaṃ Namāmi.

I bow to the Son of the Wind (Hanuman), the leader of the monkeys and the messenger of Rama, Whose strength is matchless, Whose body is like a hill of gold, Who burns up the forest of Asuras (demons) like a jungle fire, Who towers among the spiritually illumined ones, and Who is a treasure-house of all virtues.

Añjanī-garbha-sambhūto Vāyu-putro Mahābala.
Kumaro Brahmachārī Cha Hanumantāya Namaḥ.

I prostrate again and again before Hanuman Who was born from Añjani's womb, the very powerful Son of the Wind-god, the eternal Brahmachari (celibate).

AÑJANEYA VIRA

Āñjaneya Vīra Hanumānta Śhūra,
Vāyu Kumāra Vānara Dhīra,
Śhrī Rāma Dūta Jaya Hanumānta.
Jay Jay Sītā Rāma Kī, Jay Bolo Hanumān Kī. (1)

The valiant Añjani's Son, the warrior Hanuman!
Son of the Wind-god, the brave monkey!
Lord Rama's messenger! Glory to Hanuman!
Glory to Sita and Rama! Sing the glory of Hanuman!

Rāma Lakṣhmaṇa Jānakī, Jay Bolo Hanumān Kī,
Jay Sītā Rām Jay Jay Sītā Rām, Jay Hanumān Jay Jay Hanumān. (2)
Sing the glory of Rama, Lakshmana (Rama's brother),
Janaki (Janaka's daughter, Sita) and Hanuman!
Glory to Sita and Rama! Glory, glory to Sita and Rama!
Glory to Hanuman! Glory, glory to Hanuman!



VANDE SANTAM SHRI HANUMANTAM

Vande Santaṃ Śhrī Hanumantaṃ, Rāma-dāsam-amalaṃ Balavantam.
Vande . . .
Prostrations to the great soul Shri Hanuman, Who is a peerless servant of Rama, Who is pure and strong.

Prema-ruddha-galam-aśhru Vahantaṃ, Pulakāṅkita-vapuṣhā Vilasantam.
Rāma-kathāmṛita-madhūni Pibantaṃ, Parama-prema-bhareṇa
Naṭantam. (1)
Vande . . .
Whose throat is choked with devotion, from Whose eyes the tears of bliss flow, Who shines with hair raised all over his body, Who is drinking the honey, the nectar of the stories about Lord Rama, Who is dancing with supreme devotion.

Sarvaṃ Rāma-mayaṃ Paśhyantaṃ, Rāma Rāma Iti Sadā Japantam
Sad-bhakti-pathaṃ Samupadiśhantaṃ, Viṭṭhala-pantaṃ
Pratisukhayantam. (2)
Vande . . .
He Who considers everything as Lord Rama, Who always repeats "Rama, Rama", Who initiates everyone onto the path of true devotion, Who is attached to the Lord, Who is the bestower of happiness.

VENKATESHA VENKATESHA

Veṅkaṭeśha Veṅkaṭeśha Veṅkaṭeśha Pāhi Māṃ,
Veṅkaṭeśha Veṅkaṭeśha Veṅkaṭeśha Rakṣha Mām.

O Venkatesha (the Destroyer of sins)... protect me!
O Venkatesha ... save me (from all problems, sorrows, difficulties and distress)!

Veṅkaṭeśha Veṅkaṭeśha Veṅkaṭeśha Pāhi Māṃ,
Śhrīnivāsa Śhrīnivāsa Śhrīnivāsa Rakṣha Mām.

O Venkatesha ... protect me!
O Shrinivasa (the Abode of Lakshmi)... save me!

Veṅkaṭeśhvara Pāhi Māṃ Śhrīnivāsa Rakṣha Māṃ,
Veṅkaṭeśhvara Namaḥ Oṃ Śhrīnivāsa Śharaṇa Om.

O Lord Venkatesha, protect me! O Shrinivasa, save me!
Lord Venkatesha, prostrations to Thee! O Shrinivasa, I take refuge in Thee!

Veṅkaṭeśha Veṅkaṭeśha Veṅkaṭeśha Namaḥ Oṃ,
Śhrīnivāsa Śhrīnivāsa Śhrīnivāsa Śharaṇa Om.

O Venkatesha ... protect me!
O Shrinivasa ... protect me!

Lord Venkateshwara



SALUTATIONS TO LORD Venkateshvara, Who is Lord Vishnu Himself. According to the scriptures Vishnu, out of love for His devotees, incarnated as Venkateshvara for the salvation and upliftment of humanity in this Kali Yuga. With His conch He creates the cosmic sound (OM) from which the creation has manifested, and with His discus He destroys the ignorance and ego in human beings, thus liberating them. Venkateshvara is very merciful. It is believed that He fulfils every wish made to Him by His devotees, that He absolves their sins and drives away all obstacles to their abiding peace and prosperity. In iconographic depictions, Lord Venkateshvara's eyes are covered, because it is said that His gaze is so intense it would scorch the universe.

May His blessing be upon us all!

Oṃ Śhrī Veṅkaṭeśhāya Namaḥ

Om! Prostrations to Lord Venkatesha!

SALUTATIONS TO LORD NARAYANA, the primeval God from Whom the Universe emanated through His creative will. According to the Vedas, this universe is the Eternal Being (Narayana), the imperishable, the supreme, the goal, "multi-headed and multi-eyed" (i.e., omnipresent and omniscient), the resplendent, the source of light and delight for the whole universe.

According to the Epics, the name 'Narayana' signifies the Divine Being who reposes on the universal waters of the primordial condition of the Universe. In the beginning, Narayana alone was. He Himself appeared as Brahma, Vishnu, Shiva and all the gods. He appears as all that is, both the seen and unseen. He is the Immortal, Self-Existent All. Narayana is the Supreme Reality and the Supreme Light, whose symbol is Surya, the Sun. As the protector of the Universe, the Lord incarnates Himself now and then for the welfare of everyone, and for the re-establishment of Dharma, righteousness, in the course of time. Like a resplendent flame in the heart of the individual, Narayana can be visualised in deep meditation.

May Narayana bless us, and bestow upon us devotion.

Sunday
Dedicated to Lord Narayana



Oṃ Namo Nārāyaṇāya

Om! Prostrations to Lord Narayana.

SHLOKAS

Sūryaṃ Sundara-loka-nātham-amṛitaṃ Vedānta-sāraṃ Śhivaṃ,
Jñānaṃ Brahmam-ayaṃ Sureśham-amalaṃ Lokaika-chittaṃ Svayam.
Indrāditya-narādhipaṃ Sura-guruṃ Trailokya-chūḍāmaṇiṃ,
Brahmā-viṣhṇu-śhiva-svarūpa-hṛidayaṃ Vande Sadā Bhāskaram.

Ever I adore Surya (the Divine Radiance of the Sun, symbol of the impersonal, absolute Brahman), the beautiful Lord of the world, the immortal quintessence of Vedanta, the auspicious, the absolute Brahmic knowledge, the Lord of the gods, the ever-pure, the one true consciousness of the world, the Lord of Indra, of the gods and of men, the preceptor of the gods, the crest-jewel of the three worlds, the very heart of Brahma, Vishnu and Shiva, the giver of Light.

Namāmi Nārāyaṇa-pāda-paṅkajaṃ,
Karomi Nārāyaṇa Pūjanaṃ Sadā.
Vadāmi Nārāyaṇa-nāma-nirmalaṃ,
Smarāmi Nārāyaṇa-tattvam-avyayam.

I bow down in worship to the lotus feet of Narayana,
I do reverent service to Narayana always,
I repeat the pure Names of Narayana,
And I remember the reality of Narayana which is unchanging.

Maṅgalaṃ Bhagavān Viṣhṇuḥ, Maṅgalaṃ Garuḍa-dhvajaḥ
Maṅgalaṃ Puṇḍarīkāskṣha, Maṅgalayatano Hariḥ.

May all auspiciousness be unto Lord Vishnu!
May all auspiciousness be unto Him (Lord Krishna)
Whose flag bears the emblem of Garuda!
May all auspiciousness be unto the Lord with lotus-like eyes!
That Lord Hari is (the seat of) all auspiciousness!



Śhāntākāraṃ Bhujaga-śhayanaṃ Padmanābhaṃ Sureśhaṃ,
Viśhvādhāraṃ Gagana-sadṛiśhaṃ Megha-varṇaṃ Subhāṅgam.
Lakṣhmī-kāntaṃ Kamala-nayanaṃ Yogibhir-dhyāna-gamyaṃ,
Vande Viṣhṇuṃ Bhava-bhaya-haraṃ Sarva-lokaika Nātham.

I worship Vishnu, the embodiment of Peace, Who sleeps on the serpent, Whose navel is the lotus (of the Universe), Who is the Lord of gods, Who is the support of the Universe, Who is of the form of omnipresent space, Whose colour resembles that of clouds, Whose body is auspicious, Who is the Lord of Lakshmi, Whose eyes are like the lotus, Who is attainable by Yogis through meditation, Who is the Remover of the fear of birth and death, and Who is the One Lord of all the worlds.



Nārāyaṇaḥ Paraṃ Brahma, Tattvaṃ Nārāyaṇaḥ Paraḥ,
Nārāyaṇaḥ Paro Jyotir-ātmā, Nārāyaṇaḥ Paraḥ,
Nārāyaṇaḥ Paro Dhyātā, Dhyānaṃ Nārāyaṇaḥ Paraḥ.

The Lord Narayana is the Supreme Absolute;
Narayana is the Supreme Reality;
Narayana is the Supreme Light;
Narayana is the Supreme Self;
Narayana is the Supreme Meditator;
Narayana is the Supreme Meditation.



Kāyena Vāchā Manasendriyairvā Buddhyātmanā Vā Prakṛiteḥ Svabhāvāt
Karomi Yadyat Sakalaṃ Parasmai Nārāyaṇāyeti Samarpayāmi.

Whatever I do with my body, speech, mind and senses; by my intellect, self or by natural disposition – all these I offer unto the Supreme Lord Narayana.



ACHYUTAM KESHAVAM

(Shri Shankaracharya)

Achyutaṃ Keśhavaṃ Rāma Nārāyaṇaṃ
Kṛiṣhṇa Dāmodaraṃ Vāsudevaṃ Harim.
Śhrī-dharaṃ Mādhavaṃ Gopikā-vallabhaṃ,
Jānakī-nāyakaṃ Rāma-chandraṃ Bhaje. (1)

I worship Achyuta (the Immutable Lord), Keshava (the Lord with Beautiful Hair), Rama (the One who gives delight), Narayana (the Refuge of everyone), Krishna, Damodara (Who is known through the purified mind), Vasudeva's Son, Hari (the Destroyer of evil), Shridhara (Who has Lakshmi at his bosom), Madhava (the Lord of the Goddess Lakshmi), the Beloved of the Gopis, the Lord of Sita, Shri Ramachandra.

Achyutaṃ Keśhavaṃ Satyabhāmā-dhavaṃ,
Mādhavaṃ Śhrīdharaṃ Rādhikā-rādhitam.
Indirā-mandiraṃ Chetasā Sundaraṃ
Devakī-nandanaṃ Nandajaṃ Sandadhe. (2)

I offer my obeisance to Achyuta, Keshava, the Lord of Satyabhama, Madhava, Shridhara, Who is adored by Shri Radha, the Abode of Lakshmi, the most Beautiful to think of, the Son of Devaki, the Son of Nanda.

Viṣhṇave Jiṣhṇave Śhaṅkhine Chakriṇe
Rukmiṇī-rāgiṇe Jānakī-jānaye,
Vallavī-vallabhāyārchitāyātmane,
Kaṃsa-vidhvaṃsine Vaṃśhine Te Namaḥ. (3)

I salute Vishnu (the all-pervading One), the Victorious, the Bearer of the conch and the discus, the Beloved of Rukmini, the Consort of Janaki (Sita), the very Life of the Gopis, the supremely adorable Self, the Slayer of Kamsa, the Bearer of the flute.

Kṛiṣhṇa Govinda He Rāma Nārāyaṇa,
Śhrīpate Vāsudevājita Śhrīnidhe.
Achyutānanta He Mādhavādhokṣhaja,
Dvārakā-nāyaka Draupadī-rakṣhaka. (4)

O Krishna! O Govinda (the Protector of the cows)! O Rama! O Narayana!
O Lord of Lakshmi! O Vasudeva! O Unconquerable One! O Abode of Lakshmi!
O Achyuta! O Ananta! (the Infinite), O Madhava! O Adhokshaja! (Beyond sense perception),
O Lord of Dwarka! O Saviour of Draupadi!

Rākṣhasa Kṣhobhitaḥ Sītayā Śhobhito,
Daṇḍakāraṇya-bhū Puṇyatā-kāraṇam.
Lakṣhmaṇenānvito Vānaraiḥ Sevito'
(A)gastya-sampūjito Rāghavaḥ Pātu Mām. (5)
May Raghava (the Descendant of Raghu),
Who disturbed the sinful practices of the demons,
Who shines in the company of Sita,
Who purified the Dandaka forest,
Who is accompanied by Lakshmana and served by monkeys,
And who is adored by the sage Agastya, protect me!

Dhenukāriṣhṭakāniṣhṭa-kṛid-dveṣhiṇāṃ,
Keśhihā Kaṃsa-hṛid-vaṃśhikā-vādakaḥ.
Pūtanā-kopakaḥ Sūrajā Khelano,
Bāla-gopālakaḥ Pātu Māṃ Sarvadā. (6)
Who was unfavorable to the evil doers (demons) Dhenuka and Arishta,
the Slayer of Keshi and Kamsa,
Who plays on the flute,
Who was angry with Putana, Who sports on the banks of the Yamuna River,
May the Child Gopala ever protect me!

Vidyud-udyotavat-prasphurad-vāsasaṃ,
Prāvṛid-ambhodavat-prollasad-vigraham.
Vanyayā Mālayā Śhobhitoraḥ-sthalaṃ,
Lohitāṅghri-dvayaṃ Vārijākṣhaṃ Bhaje. (7)
I worship the Lord Who is adorned by a lightening-like shining yellow robe,
Whose body is as resplendent as the clouds laden with rain,
Whose bosom is adorned with the garlands of forest flowers,
Whose feet are red and Whose eyes are like the lotuses.

Kuñchitaiḥ Kuntalair-bhrājamānānanaṃ,
Ratna-mauliṃ Lasat-kuṇḍalaṃ Gaṇḍayoḥ.
Hāra-keyūrakaṃ Kaṅkaṇa-projjvalaṃ,
Kiṅkiṇī-mañjulaṃ Śhyāmalaṃ Taṃ Bhaje. (8)

Whose forehead is adorned by curly locks, and head with a jewelled crown.
Whose cheeks shine by the brilliance of beautiful earrings,
Who is adorned with a garland, armlets and beautiful anklets,
I worship Shyamala (the blue complexioned and beautiful One).

Phalaśhruti:
Achyutasyāṣhṭakaṃ Yaḥ Paṭhed-iṣhṭadaṃ,
Prematah Pratyahaṃ Pūruṣhaḥ Saspṛiham.
Vṛittataḥ Sundaraṃ Vedya-viśhvambharaṃ
Tasya Vaśhyo Harir-jāyate Satvaram.

The effect of this hymn:
One who daily chants these eight verses in praise of Achyuta, composed in beautiful rhymes, which are bestowers of desires, he quickly wins the heart of Lord Hari, the Creator of the whole universe.

SHRI BADRINATHA VISHVAMBHARAM

Pavana Manda Sugandha Śhītala, Hema Mandira Śhobhitam.
Nikaṭa Gaṅgā Bahata Nirmala, Badrīnātha Viśhvambharam.
Śhrī Badrīnātha Viśhvambharam. (1)

The Golden Temple is shining in the midst of cool breezes,
A sweet fragrance is carried by the wind slowly.
Nearby flows the pure Ganga. All-pervading is Lord Badrinatha...

Śheṣha Sumirana Karata Niśhidina, Dharata Dhyāna Maheśhvaram.
Śhrī Veda Brahmā Karata Stuti, Śhrī Badrīnātha Viśhvambharam.
Śhrī Badrīnātha Viśhvambharam... (2)

Day and night, the serpent Shesha recites the Name of the Lord.
Lord Shiva is immersed in meditation upon Him.
The Vedas and Lord Brahma sing His praises. Lord Badrinatha is all-pervading...

Indra Chandra Kubera Dinakara, Dhūpa Dīpa Prakāśhitam.
Siddha Muni Jana Karata Jaya Jaya, Badrīnātha Viśhvambharam.
Śhrī Badrīnātha Viśhvambharam... (3)
Incense and lighted lamp are being offered to the Lord.
Indra (the chief of celestials), Chandra (the moon-god), Kubera (the god of wealth), and Dinakara (the sun-god) sing His praises.
Saints, sages and all the people glorify Him. Lord Badrinatha is all-pervading...

Śhakti Gaurī Gaṇeśha Śhārada, Nārada Muni Uchchāraṇam.
Yogi Dhyāna Apāra Līlā, Badrīnātha Viśhvambharam.
Śhrī Badrīnātha Viśhvambharam... (4)
Parvati, Ganesha, Sarasvati and Narada Muni sing His glories.
All the Yogis meditate upon the boundless Lilas (pastimes) of the Lord.
Lord Badrinatha is all-pervading...

Yakṣha Kinnara Karata Kautuka, Tāla Vīṇā Veditam.
Śhrī Lakṣhmī Kamalā Chamara Ḍole, Badrīnātha Viśhvambharam.
Śhrī Badrīnātha Viśhvambharam... (5)
Yakshas, Kinnaras and all the celestial beings who know Tala (rhythm) and Vina (lute)
Are enjoying the worship of the Lord.
Lakshmi, who is also known as Kamala (She of the Lotus),
Is waving the celestial fan. Lord Badrinatha is all-pervading...

Kailāsa Meñ Eka Deva Nirañjana Śhaila Śhikhara Maheśhvaram.
Rājā Yudhiṣhṭhira Karata Stuti, Śhrī Badrīnātha Viśhvambharam.
Śhrī Badrīnātha Viśhvambharam... (6)
The spotless Lord Shiva is shining at the top of Mt. Kailasa.
King Yudhishthira is praising the Lord always. Lord Badrinatha is all-pervading...

Hema Patha Kedāra Darśhana, Siddha Muni-jana Sevitam.
Himālaya Meň Sukha Svarūpa, Badrīnātha Viśhvambharam.
Śhrī Badrīnātha Viśhvambharam... (7)

On the golden path, devotees walk to behold Kedarnath, where saints and sages are serving Him,
The Lord of the Himalayas is the embodiment of bliss. Lord Badrinatha is all-pervading...

Tapta Kuṇḍa Ke Adhika Mahimā, Daśha Diśhānana Śhobhitam.
Nara Nārāyaṇa Karata Seva, Śhrī Badrīnātha Viśhvambharam.
Śhrī Badrīnātha Viśhvambharam... (8)

(In Badrinath) the glory of Tapta Kund (a natural hot-water spring) is very great.
The Lord is shining in the ten directions.
(In Badrinath) Nara (Arjuna) and Narayan (Krishna) are doing service.
Lord Badrinatha is all-pervading...

Śhrī Badrīnātha Ke Sapta Rātra, Parama Pāpa Vināśhanaṃ
Koṭi Tīrtha Svarūpa Pūraṇa, Badrīnātha Viśhvambharaṃ,
Śhrī Badrīnātha Viśhvambharam... (9)

Whoever spends seven nights in Badrinath, all their sins will be destroyed.
Badrinath is the embodiment of a million Tirthas (holy places by the side of pure water streams).
Lord Badrinatha is all-pervading...



HARI TUM HARO JAN KI BHIR

(Mira Bai)

Hari Tuṃ Haro Jana Kī Bhīra
Draupadī Kī Lāja Rākhyo, Tuṃ Baṛhāyo Chīra. (1) Hari ...

O Lord Hari! You dispel our fear!
You saved the honour of Draupadi by lengthening her Sari (when Duhshasana tried to disrobe her).

Bhakta Kārana Rūpa Narahari, Dharyo Āpa Śharīra
Hiraṇya-kaśhipu Māra Līnhoň, Dharyo Nāhīn Dhīra. (2) Hari ...

For the sake of Your devotee Prahlada, You took the form of the Man-lion (Narahari) and killed Hiranyakasipu. You were most eager to protect Prahlada. (O Lord Hari...)

Būṛate Gajarāja Rākhyo Kiyo Bāhara Nīra
Dāsī Mīrā Lāla Giridhara Charana Kamala Para Sīra. (3) Hari ...

You saved the drowning Elephant-King (Gajendra) and rescued him from the water. O dear Lord Giridhara, Mira, Your servant, places her head on Your lotus-feet. (O Lord Hari...)



HE MADHAVA

He Mādhava, Madhusūdana, Śhrī Keśhava,
Nārāyaṇa, Lakṣhmī Nārāyaṇa.
O Madhava (the Lord of the Goddess Lakshmi),
Madhusudana (the Slayer of the demon Madhu), Shri Keshava (the Lord with beautiful hair),
Narayana (the Refuge of everyone), Lakshmi Narayana (the Lord of Lakshmi)!

Nārāyaṇa, Śhrīman Nārāyaṇa,
Rāma, Kṛiṣhṇa, Govinda, Nārāyaṇa. (1) He Mādhava...
Narayana, Shriman Narayana, (the effulgent Narayana),
Rama, Krishna, Govinda (the Protector of the cows), Narayana.

Śhrīdhara, Keśhava, Dāmodara,
Achyutānanda, He Nārāyaṇa. (2)
Shridhara (Who has Lakshmi at his bosom),
Keshava, Damodara (Who is known through a purified mind),
Achyuta (the Immutable Lord), Ananda (the Embodiment of bliss), O Narayana!

Nārāyaṇa, Śhrī Hari, Nārāyaṇa,
Rāma, Kṛiṣhṇa, Govinda, Nārāyaṇa. (3) He Mādhava...
Narayana, Shri Hari (the Destroyer of evil), Narayana,
Rama, Krishna, Govinda, Narayana.

Namo Mādhava, Jagan-nāyaka
Hṛiṣhī-keśhava, He Nāga-śhayana, Śhrī Śheṣha-śhayana. (4)
I revere Madhava, Jagannayaka (the Controller of the world),
Hrishikesha (the Lord of all senses), O Naga-shayana (Whose bed is a serpent), Shri Shesha-shayana (Whose bed is the divine serpent Shesha)!

Nārāyaṇa, Satya Nārāyaṇa,
Rāma, Kṛiṣhṇa, Govinda, Nārāyaṇa. (5) He Mādhava...

Narayana, Satya Narayana,
Rama, Krishna, Govinda, Narayana.

Achyuta, Keśhava, Dāmodara,
Sachchidānanda, He Nārāyaṇa. (6)
Achyuta, Keshava, Damodara,
Thou art Sat-Chid-Ananda (Existence, Consciousness and Bliss), O Narayana!

Nārāyaṇa, Lakṣhmī, Nārāyaṇa,
Rāma, Kṛiṣhṇa, Govinda, Nārāyaṇa. (7) He Mādhava...
Narayana, Lakshmi Narayana,
Rama, Krishna, Govinda, Narayana.



RAMA KRISHNA HARI

(Glory to Lord Narayana in His various Names and Forms)

Rāma Kṛiṣhṇa Hari, Mukunda Murāri,
Pāṇḍuraṅga Pāṇḍuraṅga Pāṇḍuraṅga Hari. Rāma...
Rama Krishna Hari (Remover of sorrows), Mukunda (Giver of Freedom), Murari (Enemy of the demon Mura),
Panduranga (the deity of Pandaripura Who has a whitish hue)... Hari.

Makara Kuṇḍala Dhārī, Bhakta-bandhu Śhouri,
Mukti-dātā Śhakti-dātā Viṭṭhala Narahari. (1) Rāma...
Who wears earrings with crocodile design! Heroic Friend of the devotee!
Giver of freedom, Giver of power, Vitthala (epithet of Lord Krishna), Narahari (the Man-lion)!

Dīna-bandhu Kṛipā-sindhu Śhrī Hari Śhrī Hari,
Pāvanāṅga He Kṛipāṅga, Vāsudeva Hari. (2) Rāma...
Friend of the poor, Ocean of mercy, Lord Hari, Lord Hari!
Whose body is pure! Embodiment of compassion! Vasudeva's Son, Hari!

Tulasi Hāra Kandhara, Bhakta Hṛidaya Mandira
Mandarādri Dhara Mukunda, Indireśha Śhrī Harī. (3) Rāma...

Who wears a Tulsi Mala round His neck! Who resides in the temple of His devotee's heart!
Who lifted the Mandara mountain! Mukunda, the Lord of Lakshmi, Shri Hari!

Jagatraya Jīvana, Keśhava Nārāyaṇa,
Mādhava Janārdana, Ānanda Ghana Hari. (4) Rāma...

The Life of the three worlds! Keshava (with beautiful hair)! Narayana (Refuge of everyone)!
Madhava (the Lord of Lakshmi)! Janardana (Who helps people)! Ananda Ghana (Embodiment of bliss)! Hari (Who destroys sorrows)!

Rāja Sukumāra, Mohana-kāra,
Karuṇā-sāgara, Achyuta Śhrī Harī. (5) Rāma...

Son of a King! Mohana-kara (with a charming form)!
Ocean of compassion! Achyuta (One Who doesn't swerve from His status)! Shri Hari!

Puṇḍarīka Varada, Paṇḍarī-nātha Śhubhada,
Aṇḍaja Vāhana Kṛiṣhṇa, Paṇḍuraṅga Hari. (6) Rāma...

Who has a lotus in His hand! Who has bestowed a boon to Pandari (His devotee)! Shubhada (the Auspicious One)!
Whose vehicle is the eagle (Garuda, born out of an egg)! Krishna, Panduranga Hari!

Jñānadeva Sanstuta Nāmadeva Kīrtita,
Tukārāma Pūjita, Dāsa Keśhava Sanstuta. (7) Rāma...

Who is praised by Saint Jñanadeva! Whose glory is sung by Saint Namadeva!
Who is worshipped by Saint Tukarama! Who is praised by the servant Keshava!

Jay Jay Viṭṭhala Pāṇḍuraṅga, Jay Hari Viṭṭhala Pāṇḍuraṅga. (8)

Glory, glory to Vitthala Panduranga! Glory to Hari, Vitthala Panduranga

JAGADISHA ARATI

Oṃ Jaya Jagadīśha Hare, Svāmī Jaya Jagadīśha Hare
Bhakta Janoṅ Ke Saṅkaṭa, Kṣhaṇa Meṅ Dūra Kare. Oṃ Jaya ...
Om! Glory to Thee, O Lord of the Universe!
O Master and Lord of the Universe!
Who removes in the flash of a moment the sorrows of the devotees!
Removes them in the twinkling of an eye!
Om! Glory to Thee, O Lord of the Universe!

Jo Dhyāve Phala Pāve, Dukha Vinase Mana Kā,
Svāmī Dukha Vinase Mana Kā, Sukha Sampati Ghara Āve
Kaṣhṭa Miṭe Tana Kā. (1) Oṃ Jaya ...
Those who meditate receive the fruits,
O Lord! The miseries of their minds get dissolved.
Happiness and wealth come to their homes,
And physical ailments are removed. Om! Glory to Thee...

Mātu Pitā Tum Mere, Śharaṇa Gahūṅ Kisakī,
Svāmī Śharaṇa Gahūṅ Kisakī.
Tuma Bina Aura Na Dūjā, Tuma Bina Aura Na Dūjā,
Āsa Karūṅ Kisakī. (2) Oṃ Jaya ...
I take refuge in Thee who are both my Mother and my Father.
O Lord, in whom else can I take refuge?
There is none other than Thee to guide me,
On whose compassion can I depend? Om! Glory to Thee...!

Tuma Pūraṇa Paramātmā, Tuma Antaryāmī,
Svāmī Tuma Antaryāmī.
Pāra-Brahma Parameśhvara, Pāra-Brahma Parameśhvara,
Tuma Sabake Svāmī. (3) Om Jaya ...
O! You are the absolute Supreme Self,
The Omniscient Indweller in the hearts of all.
O Master! You are the Omniscient Indweller in the hearts of all,
The Brahman Absolute and Lord of the Universe.
O Lord of the Universe! Om! Glory to Thee...

Tuma Karuṇā Ke Sāgara, Tuma Pālana-kartā
Svāmī Tuma Pālana-kartā.
Meiñ Mūrakha Khala Kāmī, Meiñ Mūrakha Khala Kāmī,
Kṛipā Karo Bhartā. (4) Oṃ Jaya ...

O! Thou art an ocean of compassion!
Thou art the protector of all!
O Lord! Thou art the protector of all.
I am foolish, undeserving and full of desires.
Save me with Your compassion, O Lord!
Om! Glory to Thee...

Tuma Ho Eka Agochara, Sabake Prāṇa-patī,
Svāmī Sabake Prāṇa-patī.
Kisa Vidhi Milūñ Dayā-maya, Kisa Vidhi Milūñ Dayā-maya,
Tuma Se Meñ Kumatī. (5) Oṃ Jaya ...

Lord! You are One and the Unknowable.
You are the Lord of the life breath of everyone,
Lord! You are the Lord of the life breath of everyone.
Ocean of mercy! How can I ever be united with You
Since I have a polluted mind? Om! Glory to Thee...

Dīna-bandhu Dukha-hartā, Tuma Rakṣhaka Mere,
Svāmī Tuma Rakṣhaka Mere.
Apne Hātha Uṭhāo, Apne Hātha Uṭhāo
Dvāra Paṛā Tere. (6) Oṃ Jaya ...

Friend of the distressed, Destroyer of sorrow!
You are my Saviour, O Lord! You are my Saviour.
Extend Thy helping hand to me,
Who am lying helpless at Thy door! Om! Glory to Thee...

Viṣhaya Vikāra Miṭāo, Pāpa Haro Devā,
Svāmī Pāpa Haro Devā.
Śhraddhā Bhakti Baṛhāo, Śhraddhā Bhakti Baṛhāo
Santana Kī Sevā. (7) Oṃ Jaya ...

Wipe away all my worldly indulgence and faults,
Forgive my sins, O Lord! Lord! Forgive my sins.

Increase my faith and devotion,
And grant me an opportunity to serve the saints. Om! Glory to Thee...

Jaya Jagadīśha Kī Ārati, Jo Koī Nita Gāve,
Svāmī Jo Koī Nita Gāve,
Kahata Śhivānanda Svāmī, Kahata Śhivānanda Svāmī,
Mana Vāñchita Phala Pāve. (8)
Oṃ Jaya Jagadīśha Hare!
Those who recite daily, 'Jaya Jagadisha Arati,'
O Lord! Those who recite it daily,
Says Swami Sivananda, says Swami Sivananda,
They will get the fruits of desired objects!
Om! Glory to the Lord of the Universe!

HARI HARI BOL

Hari Hari Bol, Bol Hari Bol,
Mukunda Mādhava Govinda Bol.
Chant Hari, Hari (the Destroyer of evil), Chant Hari, (Dispeller of sorrows). Chant Mukunda (the Liberator), Madhava (the Lord of Lakshmi), Govinda ((the Protector of the cows and of the Earth).

Mukunda Mādhava Govinda Bol,
Keśhava Mādhava Govinda Bol.
Chant Mukunda, Madhava, Govinda. Chant Keshava (the Lord with beautiful hair), Madhava, Govinda.

HARI KE PYARE HARI HARI BOLO

Hari Ke Pyāre Hari Hari Bolo
Āo Pyāre Milkara Gāo
Nārāyaṇa Nārāyaṇa Nārāyaṇa Nārāyaṇa. (1)
Lovers of Hari, sing 'Hari, Hari'!
Come, O dear ones, sing together:
'Narayana, Narayana, Narayana, Narayana'.

Hari Ke Pyāre Hari Hari Bolo
Āo Pyāre Milkara Gāo
Sītā-rām Rādhe-śhyām. (2)
Lovers of Hari, sing 'Hari, Hari'!
Come, O dear ones, sing together:
'Sita-Rama, Radhe-Shyama'.

Hari Charaṇa Meñ Dhyāna Lagāo
Pyāre Guru Ke Śharaṇa Meñ Āo
Nārāyaṇa Nārāyaṇa Nārāyaṇa Nārāyaṇa. (3)
Fix your attention on the lotus feet of Hari!
O dear ones, take refuge at the holy feet of Guru!
'Narayana, Narayana, Narayana, Narayana'.

Abhimāna-tyāgo Sevā-karo
Nārāyaṇa Nārāyaṇa Nārāyaṇa Nārāyaṇa. (4)
Renouncing ego, do selfless service.
'Narayana, Narayana, Narayana, Narayana'.



ADITYA NARAYANA

Āditya Nārāyaṇa, Bhāskara Nārāyaṇa,
Sūrya Nārāyaṇa, Jyoti Nārāyaṇa.

Aditya (the Sun God, son of Aditi),
Narayana (the Refuge of everyone),
Bhaskara (the Effulgent) Narayana,
Surya (the Sun God) Narayana,
Jyoti (the Divine Light) Narayana.

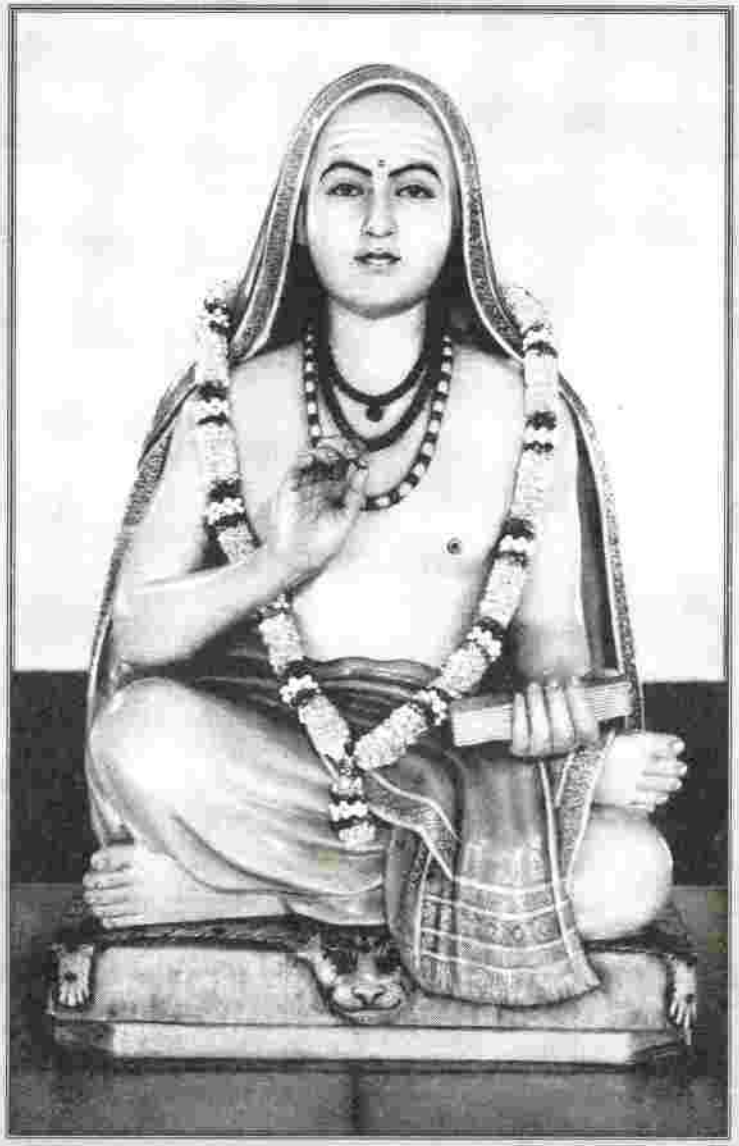


SALUTATIONS TO ACHARYA SHANKARA, the illustrious spiritual Master, who is India's greatest philosopher and guide to seekers of Truth. Nothing short of an incarnation could achieve so much success in such profound fields of human life as did Acharya Sankara during the short span of his life on this earth.

He was born at a time when Indian thought and culture were decaying, when there was complete chaos and confusion. Acharya Shankara rejuvenated the Hindu religion and established the unity and purity of enlightened Hindu thought and culture. He founded the Ten Orders of Sannyasa and established the four Mathas (great monasteries) in the four quarters of India. He wrote commentaries on the major Upanishads, the Bhagavad Gita and the Brahma Sutras. He greatly advocated Bhakti (devotion) and encouraged the worship of the various forms of the personal God. Yet, he was the expounder par excellence of Advaita Vedanta, the philosophy of non-dualism, which is the pinnacle of Hindu thought. To live life is to live philosophy, says Sankara, and to live philosophy is to live in God.

Glory to Lord Shankara! May His blessings be upon us all!

Vedantic Songs



Oṃ Śhrī Paramātmane Namaḥ

Om! Prostrations to the Universal Supreme Self.

SHLOKAS

OM ISHAVASYAMIDAM SARVAM

(Ish. Up. I)

Om Īśhāvāsyam-idaṃ Sarvaṃ Yat-kiñcha Jagatyāṃ Jagat.
Tena Tyaktena Bhuñjīthā Mā Gṛidhaḥ Kasyasvid-dhanam.

Om. All this – whatsoever moves (or moves not) in this universe – is indwelt by the Lord.
Therefore, by renunciation (of the transient), find joy (in the Eternal). Do not covet what belongs to others.

SHLOKARDHENA PRAVAKSHYAMI

Shri Shankaracharya

Śhlokārdhena Pravakṣhyāmi Yad-uktaṃ Grantha-koṭibhiḥ
Brahma Satyaṃ Jagan-mithyā Jīvo Brahmaiva Nāparaḥ

I shall tell you within half a verse the quintessence
of the teachings expounded in innumerable scriptures:
Brahman alone is real; the world is unreal;
and the individual soul is non-different than Brahman.

DIVI BHUMAU

(Yoga Vasishtha, II, 1, I)

Divi Bhūmau Tathā'kāśhe Bahir-antaśh-cha Me Vibhuḥ.
Yo Vibhāty-avabhāsātmā Tasmai Sarvātmane Namaḥ.

Salutations to the Lord, the Universal Soul, shining manifest in heaven, earth and sky, and both within and without myself.

NA TATRA SURYO BHATI

(Kathopanishad, II, 5, xv)

Na Tatra Suryo Bhāti Na Chandra-tārakaṃ
Nemā Vidyuto Bhānti Kuto'yamagniḥ.
Tameva Bhāntam-anubhāti Sarvaṃ
Tasya Bhāsā Sarvam-idaṃ Vibhāti.

There the sun does not shine nor the moon, nor the stars, nor do these flashes of lightning, much less this fire.
When He shines, everything shines after Him. By His Light all this is illumined.

YATAH SARVANI BHUTANI

(Yoga Vasishtha I-1:i-iii)

Yataḥ Sarvāṇi Bhūtāni Pratibhānti Sthitāni Cha.
Yatraivopaśhamaṃ Yānti Tasmai Satyātmane Namaḥ.

Salutations to that Reality in which all the elements and all the animate and inanimate beings shine as if they have an independent existence, and in which they exist for a time and into which they merge.

Jñātā Jñānaṃ Tathā Jñeyaṃ Draṣhṭā Darśhana-dṛiśyabhūḥ.
Kartā Hetuḥ Kriyā Yasmāt Tasmai Jñaptyātmane Namaḥ.

Salutations to that Consciousness which is the source of the apparently distinct threefold divisions of knower, knowledge and known, seer, sight and seen, doer, doing and deed.

Sphuranti Sīkarā Yasmād-ānandasyāmbare'vanau.
Sarveṣhāṃ Jīvanaṃ Tasmai Brahmānandātmane Namaḥ.

Salutations to that Bliss Absolute (the Ocean of Bliss) which is the life of all beings, whose happiness and unfoldment is derived from a shower of spray from that Ocean of Bliss.

NIRVANA SHATKAM

Shri Shankaracharya

Mano Buddhy-ahaṅkāra Chittāni Nāhaṃ
Na Karṇaṃ Na Jihvā Na Cha Ghrāṇa-netre.
Na Cha Vyoma-bhūmir-na Tejo Na Vāyuśh-
Chidānanda-rūpaḥ Śhivo'haṃ Śhivo'ham. (1)

I am neither the mind, nor the intellect, nor the ego, nor the mind-stuff;
I am neither the senses of hearing, taste, smell, or sight;
Nor am I the ether, the earth, the fire, the air.
I am Consciousness-Bliss Absolute, I am He, I am He. (Shivoham, Shivoham).

Na Cha Prāṇa-sañjho Na Vai Pañcha-vāyur
Na Vā Sapta-dhātur-na Vā Pañcha-kośhaḥ.
Na Vāk Pāṇi-pādau Na Chopastha-pāyū
Chidānanda-rūpaḥ Śhivo'haṃ Śhivo'ham. (2)

I am neither the prana, nor the five vital airs;
I am neither the seven essential elements constituting the body, nor the five sheaths;
Neither am I the organ of speech, nor the hands, nor the feet, nor the genital organs nor the anus.
I am Consciousness-Bliss Absolute, I am He, I am He. (Shivoham, Shivoham).

Na Me Dveṣha-rāgau Na Me Lobha-mohau
Mado Naiva Me Naiva Mātsarya-bhāvaḥ.
Na Dharmo Na Chārtho Na Kāmo Na Mokṣhaśh-
Chidānanda-rūpaḥ Śhivo'haṃ Śhivo'ham. (3)

I have neither aversion nor attachment, neither greed nor delusion,
Neither egotism nor envy;
Neither dharma, nor wealth, nor desires, nor liberation.
I am Consciousness-Bliss Absolute, I am He, I am He. (Shivoham, Shivoham).

Na Puṇyaṃ Na Pāpaṃ Na Saukhyaṃ Na Duḥkhaṃ
Na Mantro Na Tīrthaṃ Na Vedā Na Yajñāḥ.
Ahaṃ Bhojanaṃ Naiva Bhojyaṃ Na Bhoktā,
Chidānanda-rūpaḥ Śhivo'haṃ Śhivo'ham. (4)

Neither have I virtue nor sin, neither happiness nor misery,
Nor mantras, nor pilgrimages, nor scriptures, nor sacrifices.
Neither the act of enjoying, nor the enjoyment, nor the enjoyer.
I am Absolute Consciousness and Bliss, I am He, I am He (Shivoham, Shivoham).

Na Mṛityur-na Śhaṅkā Na Me Jāti-bhedaḥ,
Pitā Naiva Me Naiva Mātā Na Janma.
Na Bandhur-na Mitraṃ Gurur-naiva Śhiṣhyaśh-
Chidānanda-rūpaḥ Śhivo'haṃ Śhivo'ham. (5)

Neither have I fear of death, nor caste distintion,
Neither have I father, nor mother, nor birth,
Neither have I relatives, nor friends; neither have I Guru, nor disciple.
I am Absolute Consciousness and Bliss, I am He, I am He (Shivoham, Shivoham).

Ahaṃ Nirvikalpo Nirākāra-rūpo,
Vibhu-tvāchcha Sarvatra Sarvendriyāṇām.
Na Chāsaṅgataṃ Naiva Muktir-na Bandhaśh-
Chidānanda-rūpaḥ Śhivo'haṃ Śhivo'ham. (6)

I am unconditioned, I am formless,
I am all-pervading, I am beyond the organs (of senses and action).
I am ever the same, I have neither liberation, nor bondage.
I am Absolute Consciousness and Bliss, I am He, I am He (Shivoham, Shivoham).



SARVAM BRAHMA MAYAM

Shri Sadashiva Brahmendra

Sarvaṃ Brahma-mayaṃ Re Re, Sarvaṃ Brahma-mayaṃ.
Lo! Behold! All this is the Absolute! All this is the Supreme Truth!

Kiṃ Vachanīyaṃ Kim-avachanīyaṃ
Kiṃ Rachanīyaṃ Kim-arachanīyam. (1) Sarvaṃ . . .
What is there to speak? What is there that cannot be spoken?
What is there to write? What is there that cannot be written?

Kiṃ Paṭhanīyaṃ Kim-apaṭhanīyaṃ
Kiṃ Bhajanīyaṃ Kim-abhajanīyam. (2) Sarvaṃ . . .
What is here to study? What is there that cannot be studied?
What is there to worship? What is there that cannot be worshipped?

Kiṃ Bodhavyaṃ Kim-abodhavyaṃ
Kiṃ Bhoktavyaṃ Kim-abhoktavyam. (3) Sarvaṃ . . .
What is there to know? What is there that cannot be known?
What is there to experience? What is there that cannot be experienced?

Sarvatra Sadā Haṃsa-Dhyānaṃ
Kartavyaṃ Bho Mukti-nidhānam. (4) Sarvaṃ . . .
The Self is to be meditated upon everywhere and at all times;
It is the seat of Liberation. This is your foremost duty.

ANANDO'HAM ANANDO'HAM

Ānando'ham Ānando'ham,
Ānandaṃ Brahmānandam.
I am Bliss, I am Bliss,
I am Supreme Bliss.

AHO! AHAM NAMO MAHYAM

Ashtavakra Gita (II – 11 to 14)

Aho! Ahaṃ Namo Mahyaṃ Vināśho Yasya Nāsti Me,
Brahmādi-stamba-paryantaṃ Jagan-nāśhe'pi Tiṣṭhataḥ. (II-11)

O! Marvellous am I! Adoration to Myself who knows no decay and survives even the destruction of the universe, from the Creator (Brahma) down to a blade of grass.

Aho! Ahaṃ Namo Mahyam-eko'haṃ Dehavānapi,
Kvachin-na Gantā Nāgantā Vyāpya Viśhvam-avasthitaḥ. (II-12)

O! Marvellous am I! Adoration to Myself who, though with a body, am One who neither goes anywhere, nor comes from anywhere, but ever abides pervading the universe.

Aho! Ahaṃ Namo Mahyaṃ Dakṣho Nāstīha Matsamaḥ,
Asaṃ-spṛiśhya Śharīreṇa Yena Viśhvaṃ Chiraṃ Dhṛitam. (II-13)

O! Marvellous am I! Salutations to Myself! There is none as competent as I am, who holds the universe eternally without touching it with My body.

Aho! Ahaṃ Namo Mahyaṃ Yasya Me Nāsti Kiñchana,
Athavā Yasya Me Sarvaṃ Yadvāṅ-mānasagocharam. (II-14)

O! Marvellous am I! Prostrations to Myself who has nothing, yet all that which is accessible to speech and mind belongs to Me only.

KOI KOI JANE RE

Merā Sach-chid-ānanda Rūp, Koī-koī Jāne Re.
My Sat-chid-ananda (Existence-Consciousness-Bliss Absolute) form is known to very few.

Dvaita Vachana Kā Meiň Hūň Sraṣhṭā,
Mana-vāṇī Kā Meiň Hūň Draṣhṭā.
Meiň Hūň Sākṣhi-svarūp, Koī-koī Jāne Re... (1)
Creator am I of dualistic speech;
Seer am I of mind and speech.
I am the witnessing Consciousness, that is known to very few.

Pañcha-kośha Se Meiň Hūň Nyārā,
Tīn Avasthāoň Se Bhī Nyārā
Anubhava Siddha Anūp, Koī-koī Jāne Re... (2)
Different from the five sheaths, also from the three states,
Realised and established am I, that is known to very few.

Sūrya Chandra Meň Teja Hei Merā,
Agni Meň Bhī Oja Hei Merā
Meiň Advaita-svarūp, Koī-koī Jāne Re... (3)
I am the luster in the sun and moon, brilliance in the fire too,
My Non-dual Essence is known to very few.

Janma-maraṇa Mere Dharma Nahīň Heiň,
Pāpa-puṇya Mere Karma Nahīň Heiň
Aja Nirlepī Rūp, Koī-koī Jāne Re... (4)
Birth and death are not my qualities; sin and virtue not my actions.
Birthless and unstained purity am I, that is known to very few.

Tīna Loka Kā Meiň Hūň Svāmī, Ghaṭa-ghaṭa Vyāpī Antaryāmī
Jyoň Mālā Meň Sūt, Koī-koī Jāne Re... (5)
Lord of the three worlds, all-pervading, indweller of all beings,
Like thread in a garland, am I, that is known to very few.

Satsaṅgī Nija Rūpa Pahichāno, Jīva Brahma Kā Bheda Na Māno
Tū Hei Brahma-svarūp, Koī-koī Jāne Re... (6)

O Satsangi (one who enjoys holy company)!
Recognize your true Self!
The Jiva (individual soul) differs not from Brahman.
You are that Immortal Brahman, which is known to very few.



SHUDDHO'SI BUDDHO'SI

(The enlightened Queen Madalasa bore four sons.
As she placed them in the cradle, this is the lullaby that she sang to them.)

Śhuddho'si Buddho'si Nirañjano'si
Saṃsāra-māyā-parivarjito'si,
Saṃsāra Svapnaṃ Tyaja Moha-nidrāṃ
Madālasā Vākyam-uvācha Putram.

"O beloved child, thou art Ever-Pure, Ever-Awakened, Immaculate.
Thou art completely free from Maya (illusion),
Dissociate the mind from this dream-like Samsara (worldly existence)
and the sleep of illusion."
Queen Madalasa sang to her children this wondrous wisdom song.

SATYAM JÑANAM ANANTAM BRAHMA

Satyaṃ Jñānam Anantaṃ Brahma.
Brahman is Truth-Knowledge-Infinity.

Satyam Śhivam Advaitaṃ Brahma.
Brahman is Truth (Existence),
Auspiciousness and Non-dual.

Ānanda Rūpam Amṛitaṃ Brahma.
Brahman is Bliss-Absolute, the Nectar of Immortality.

Ekam Evādvitīyaṃ Brahma.
Brahman is One alone without a second.

Satyaṃ Jñānam Anantaṃ Brahma.
Brahman is Truth-Knowledge Infinity.

Satyaṃ Brahma Satyaṃ Brahma.
Brahman alone is Truth.

Jñānaṃ Brahma Jñānaṃ Brahma.
Brahman alone is Knowledge (Consciousness).

Ānanda Brahma Ānanda Brahma.
Brahman alone is Bliss.

Anantaṃ Brahma Anantaṃ Brahma.
Brahman alone is Infinity.

Satyaṃ Jñānam Anantaṃ Brahma.
Brahman is Truth-Knowledge Infinity.

Om



SALUTATIONS TO THE ETERNAL TRANSCENDENTAL SPIRIT DIVINE that is symbolized by the mysterious single letter – ॐ (OM). OM symbolizes that which is beyond mind and speech, that which is beyond time and space, that which is beyond all manifestations. The sound that you hear when someone strikes a gong is produced by two solid objects coming into contact with one another, but OM is not a sound that is produced. It is the Source of all sounds. Never was there a time when it was not. It has always been. Therefore, it is the symbol of the beginningless, endless, eternal Brahman (Supreme Being). To that mysterious, unproduced, self-existent, eternal, cosmic sound OM, that can only be experienced in the depth of one's own soul, we offer worshipful homage.

May Its divine grace be upon us all!

ॐ

Om!

Oṃkāraśh-cha-atha-śhabdaśh-cha Dvāvetau Brāhmaṇaḥ Purā.
Kaṇṭhaṃ Bhitvā Viniryātau Tasmān-māṅgalikāu-ubhau.
Om Atha Om Atha Om Atha

In the beginning, it is said, the two sounds 'OM' and 'ATHA' (now) came from the throat of Brahman and therefore they are auspicious.

OMKARAM BINDU SAMYUKTAM

(From Shiva Shadakshara Stotram)

Oṃkāraṃ Bindu-saṃyuktaṃ,
Nityaṃ Dhyāyanti Yoginaḥ.
Kāmadaṃ Mokṣhadaṃ Chaiva,
Oṃkārāya Namo Namaḥ.

Reverencial prostrations to the holy syllable Om,
Which is constantly meditated on by Yogis as the Om that has a dot,
Which leads them to the fulfilment of their desires,
And the attainment of final Liberation.



OM OM OM OM OM VICHARA

Om Om Om Om Om Vichāra,
Om Om Om Om Bhaja Oṃkāra.

Reflect on Om, Om, Om...
Worship the sacred syllable Om...



SONG OF OM

Swami Sivananda

OM OM OM OM OM OM OM
OM OM OM OM OM OM OM
To the right is OM, to the left is OM, in front is OM,
Above is OM, below is OM, behind is OM,
Within in OM, without is OM, everywhere is OM!
Support, source, centre, ideal, goal is OM!
Existence is OM, Knowledge is OM, Bliss is OM.
The ultimate goal of one and all is OM!
Breathe OM, sing OM, live in OM.
Meditate, meditate, meditate on OM.

DEVOTIONAL WISDOM SONGS

BHAJO RE BHAIYA

Shri Kabirdas

Bhajo Re Bhaiyā Rāma Govinda Hari.

O Brother! Worship Lord Rama (Who delights the heart!) Govinda (the Lord of cows!) Hari (Who removes sins)!

Japa Tapa Sādhana Nahiň Kachhu Lāgata,
Kharachata Nahiň Gaṭharī. (1) Bhajo Re Bhaiyā...

Doing Japa (repetition of the holy Name), Tapas (penance) or Sadhana (spiritual practice), does not cost you a cent! O Brother, worship . . .

Santata Sampata Sukha Ke Kāraṇa,
Jāsoň Bhūla Parī. (2) Bhajo Re Bhaiyā...

You have forgotten that such worship is the cause of your eternal prosperity and happiness! O Brother, worship . . .

Kahata 'Kabīrā' Rāma Na Jā Mukha,
Tā Mukha Dhūla Bharī. (3) Bhajo Re Bhaiyā...

Kabir says: "That mouth into which the Name 'Rama' does not enter is fit to be filled with mud!" O Brother, worship . . .

ABA SOUNPA DIYA

(Song Of Surrender)

Aba Souňpa Diyā Isa Jīvana Kā,
Saba Bhāra Tumhāre Hāthoň Meň.
Hei Jīta Tumhāre Hāthoň Meň,
Oura Hāra Tumhāre Hāthoň Meň. (1)
Now do I surrender all the responsibilities of my life unto Thee!
And all its burdens into Thy safe hands!
In Thy hands are my victories as well as my defeats.

Merā Niśhchaya Basa Eka Yahī,
Ika Bāra Tumheň Pājāūň Meiň.
Arpan Kara Dūn Duniyā Bhara Kā,
Saba Pyāra Tumhāre Hāthoň Meň. (2)
Indeed, I have but one desire
That I should find Thee only once
And offer the love of the whole world
Unto Thy hands!

Jo Jaga Meň Rahūň To Aise Rahūň,
Jyoň Jala Meň Kamala Kā Phūla Rahe.
Mere Saba Guṇa-doṣha Samarpita Hoň,
Bhagavān Tumhāre Hāthoň Meň. (3)
If I must live in the world,
Let me live as a lotus flower in water,
Surrendering without any reservation all my virtues and vices
Unto Thy hands!

Yadi Mānava Kā Mujhe Janma Mile,
Tava Charaṇoň Kā Meiň Pujārī Banūň.
Isa Pūjaka Kī Eka-eka Raga Kā,
Ho Tāra Tumhāre Hāthoň Meň. (4)
If I be born again in human form,
Then may that be as a worshipper of Thy lotus feet,



The threads of each fiber of my being,
Be in Thy hands!

Jaba-jaba Saṃsāra Kā Kaidī Banūṅ,
Niṣhkāma Bhāva Se Karma Karūṅ.
Phir Anta Samaya Meṅ Prāṇa Tajūṅ,
Nirākāra Tumhāre Hāthoṅ Meṅ. (5)

If I be born entangled in worldly affairs,
May I be able to work without any selfish motive;
And when the end of my life comes,
May I breathe my last, O Formless Lord, in Thy hands!

Mujha Meṅ Tujha Meṅ Basa Bheda Yahī,
Meiṅ Nāra Hūṅ Tum Nārāyaṇa Ho.
Meiṅ Hūṅ Saṃsāra Ke Hāthoṅ Meṅ,
Saṃsāra Tumhāre Hāthoṅ Meṅ. (6)

Between You and me, the difference is simply this –
A bound man (Nara) am I and You are Narayana!
I am a puppet in the hands of the world
And the world is a puppet in Thy hands!

JYOTI SE JYOTI JAGATE CHALO

Saint Jñaneshwara

Jyoti Se Jyoti Jagāte Chalo.
Prema Kī Gaṅgā Bahāte Chalo.
May the light within you awaken the light in others.
May your love flow out to others like the ever-flowing Ganga.

Rāha Meṅ Āye Jo Dīna Dukhī.
Sabko Gale Se Lagāte Chalo
Prema Kī Gaṅgā Bahāte Chalo. (1)
Embrace the distressed and forlorn who come your way.
May your love flow out to others like the ever-flowing Ganga.

Koun Hei Ūṅchā Koun Hei Nīchā
Sab Meṅ Vo Hī Samāyā
Bhed Bhāv Ke Jhūṭhe Bharam Meṅ
Ye Mānava Bharamāyā. (2)
Who is high? Who is low?
The same Divinity abides in everyone.
Burdened by false sentiments,
Men are caught in the web of illusion.

Dharma Dhvajā
Dharma Dhvajā Phaharāte Chalo,
Prema Kī Gaṅgā Bahāte Chalo. (3) Jyoti Se Jyoti ...
The flag of Righteousness!
Let's hoist the flag of Righteousness!
May your love flow out to others like the ever-flowing Ganga.

Sāre Jaga Ke Kaṇa Kaṇa Meṅ Hei
Divya Amar Ek Ātmā
Eka Brahma Hei Eka Satya Hei
Eka Hī Hei Paramātmā. (4)
He is present in every nook and corner of the universe.
There is only one Divine Immortal Soul.

There is only one Creator and one Truth.
There is only one Supreme Soul.

Prāṇoň Se Prāṇa
Prāṇoň Se Prāṇa Milāte Chalo
Prema Kī Gaṅgā Bahāte Chalo. (5) Jyoti Se Jyoti ...
While we have this gift (the breath of life),
Let's together greet everyone with love.
May your love flow out to others like the ever-flowing Ganga.



RAMA SUMIRA

Shri Guru Nanak

Rāma Sumira Rāma Sumira, Ehi Tero Kāj Hei.
Remember Rama (God)! Remember Rama! This is your only work!

Māyā Kou Saṅga Tyāga, Harijū Kī Sarana Lāga,
Jagata Sukha Māna Mithyā, Jhūṭhou Saba Sāj Hei. (1) Rāma Sumira...
Part company with Maya (illusion) and take refuge in Lord Hari.
Consider the pleasures of the world to be unreal. All phenomena are illusory.

Supane Jyoň Dhana Pichhāna, Kāhe Para Karata Māna,
Bārū Kī Bhīta Taise, Basudhā Kou Rāja Hei. (2) Rāma Sumira...
Know that wealth is the substance of a dream. On what then do you take pride?
The kingdom of the world is like a castle built of sand.

'Nānak' Jana Kahata Bāta, Binasi Jaiheiň Tero Gāta,
Chhina Chhina Kari Gayo Kālha, Taise Jāta Āja Hei. (3) Rāma Sumira...
Thus says Nanak: Your body is deteriorating day by day.
As yesterday passed away minute by minute, today also will pass away.

NAMA JAPANA

Shri Guru Nanak

Nāma Japana Kyoň Chhoṛa Diyā,
Tūne Nāma Japana Kyoň Chhoṛa Diyā.
Oh! Why have you ceased reciting the Divine Name?
Oh! Why ....

Krodha Na Chhoṛā, Jhūṭha Na Chhoṛā,
Satya Vachana Kyoň Chhoṛa Diyā. (1)
Tūne Nāma Japana Kyoň Chhoṛa Diyā.
Oh! You have not relinquished anger or telling lies.
Then why did you forsake this Word of Truth?
Oh! Why have you ceased reciting the Divine Name?

Jhūṭhe Jaga Meň Dila Lalachā Kara,
Asala Vatana Kyoň Chhoṛa Diyā. (2)
Tūne Nāma Japana Kyoň Chhoṛa Diyā.
Oh! Enamoured by this false world,
Why have you forgotten your Real Abode?
Oh! Why have you ceased reciting the Divine Name?

Kauṛī Ko To Khūba Sambhālā,
Lāla Ratana Kyoň Chhoṛa Diyā. (3)
Tūne Nāma Japana Kyoň Chhoṛa Diyā.
Oh! Protecting your petty wealth,
Why did you forsake this Priceless Gem?
Oh! Why have you ceased reciting the Divine Name?

Jehi Sumirana Te Ati Sukha Pāve,
So Sumirana Kyoň Chhoṛa Diyā. (4)
Tūne Nāma Japana Kyoň Chhoṛa Diyā.
Oh! The remembrance of Which gives you the greatest happiness,
Why have you left That remembrance?
Oh! Why have you left reciting the Divine Name?

'Nānaka' Ika Bhagavān Bharose,
Tana-mana-dhana Kyoň Na Chhoṛā Diyā. (5)
Tūne Nāma Japana Kyoň Chhoṛa Diyā.
Says Nanak (the Poet-Saint), "Trusting that one God alone,
Why have you not relinquished care of body, mind and wealth?"
Oh! Why have you ceased reciting the Divine Name?



SHANKARAYA MANGALAM

(Song of Auspiciousness)

Śhaṅkarāya Śhaṅkarāya Śhaṅkarāya Maṅgalam,
Śhaṅkarī-Manoharāya Śhāśhvatāya Maṅgalam.
Auspiciousness to Shankara,
the Beloved of Parvati, the Eternal One!

Gajānanāya Maṅgalaṃ Ṣhaḍānanāya Maṅgalam,
Sanātanāya Maṅgalaṃ Sadāśhivāya Maṅgalam.
Auspiciousness to the elephant-headed Ganesha!
To the six-faced Kartikeya! To the everlasting One, to Sadashiva!

Sītā-rāmāya Maṅgalaṃ Rādhā-kṛiṣhṇāya Maṅgalam,
Āñjaneyāya Maṅgalaṃ Dattātreyāya Maṅgalam.
Auspiciousness to Sita and Rama! To Radha and Krishna!
Auspiciousness to Anjaneya! Auspiciousness to Dattatreya!

Śhivānandāya Maṅgalaṃ Sadgurubhyo Maṅgalam
Sarva-nāma-rūpa-śhrī-sarveśhvarāya Maṅgalam.
Auspiciousness to Sivananda! Auspiciousnes to the Sat Guru!
Auspiciousness to all names and forms!
Auspiciousness to the Lord of all!



SUMIRANA KARA LE

Shri Guru Nanak

Sumirana Kara Le Mere Manā,
Terī Bītī Umara Hari-Nāma Binā.
Sumirana Kara Le.
O mind, remember the Name of the Lord!
Your life has been spent without Hari's Name.
O mind, remember.

Deha Naina Bina, Raina Chandra Bina,
Dharatī Meha Binā,
Jaise Taruvara Phala Bina Hīnā,
Tyoň Prāṇī Hari-Nāma Binā, (1) Sumirana Kara Le Mere Manā...
As a body without eyes, a night without the moon,
The earth without rain and a tree without fruit,
So is a living being without Hari's Name.
O mind, remember the Name of the Lord!

Kūpa Nīra Bina Dhenu Kṣhīra Binā,
Mandira Dīpa Binā,
Jaise Paṇḍita Veda Vihīnā,
Tyoň Prāṇī Hari-Nāma Binā, (2) Sumirana Kara Le Mere Manā...
As a well without water, a cow without milk,
A temple without a lamp, and a Pandit (scholar) without knowledge of the Vedas,
So is a living being without Hari's Name.
O mind, remember the Name of the Lord!

Kāma Krodha Mada Moha Nivāro,
Bhajana Karo Saba Santa-janā,
Kaha 'Nānaka Śhaha' Suno Bhagavantā,
Yā Jaga Meň Nahīň Ko Apanā, (3) Sumirana Kara Le Mere Manā...
Renouncing lust, anger, arrogance and deluded attachment,
Repeat the Name of the Lord, O Saints!
Nanak says, 'Listen to the pious ones!

There is nobody really our own in this world (except God).'
O mind, remember the Name of the Lord.



CONCLUDING PRAYERS

THE UNIVERSAL PRAYER

Swami Sivananda

O Adorable Lord of Mercy and Love!
Salutations and prostrations unto Thee.
Thou art Omnipresent, Omnipotent and Omniscient.
Thou art Satchidananda
(Existence-Consciousness-Bliss Absolute).
Thou art the Indweller of all beings.

Grant us an understanding heart,
Equal vision, balanced mind,
Faith, devotion and wisdom.
Grant us inner spiritual strength
To resist temptations and to control the mind.
Free us from egoism, lust, greed, hatred, anger and jealousy.
Fill our hearts with divine virtues.

Let us behold Thee in all these names and forms.
Let us serve Thee in all these names and forms.
Let us ever remember Thee.
Let us ever sing Thy glories.
Let Thy Name be ever on our lips.
Let us abide in Thee for ever and ever.



Oṃ Sarveṣhāṃ Svasti-bhavatu
Sarveṣhāṃ Śhāntir-bhavatu
Sarveṣhāṃ Pūrṇaṃ Bhavatu
Sarveṣhāṃ Maṅgalaṃ Bhavatu.
May Auspiciousness be unto all;
May Peace be unto all;
May Fullness be unto all.
May Prosperity be unto all.

Sarve Bhavantu Sukhinaḥ
Sarve Santu Nirāmayāḥ
Sarve Bhadrāṇi Paśhyantu
Mā Kaśhchid Duḥkha-bhāgbhavet.
May all be happy;
May all be free from disabilities;
May all behold what is auspicious;
May none suffer from sorrow.

Asato Mā Sad-gamaya
Tamaso Mā Jyotir-gamaya
Mṛityor-mā Amṛitaṃ Gamaya.
Lead me from the unreal to the Real;
Lead me from darkness to Light;
Lead me from mortality to Immortality.

Oṃ Pūrṇam-adaḥ Pūrṇam-idaṃ Pūrṇāt-pūrṇam-udachyate
Pūrṇasya Pūrṇam-ādāya Pūrṇam-evāvaśhiṣhyate.
Oṃ Śhāntiḥ Śhāntiḥ Śhāntiḥ.
Om. That (the Absolute) is Infinite, this (universe) is Infinite.
(This) Infinite emanates from the (Absolute) Infinite.
After the coming of the Infinite from the Infinite, the Infinite alone remains.
Om. Peace! Peace! Peace!

HE PRABHO

(Prabhu-Prarthana)

He Prabho Ānanda-dātā Jñāna Hamko Dījie.
O Lord! Giver of bliss! Bless us with divine wisdom!

Śhīghra Sāre Durguṇoṅ Ko, Dūra Hamse Kījie,
Lījie Hamko Śharaṇa Meṅ, Ham Sadāchārī Baneṅ.
Brahmachārī, Dharma-rakṣhaka,
Vīra Vrata-dhārī Baneṅ,
Satya Vrata-dhārī Baneṅ. He Prabho . . .
Please take away quickly all our negative qualities!
Accept our surrender unto You, and make us virtuous
So that we are able to observe the vow of Brahmacharya (purity).
Train us to be protectors of Dharma (righteousness).
May we be able to observe our vows heroically!
Make us observers of truth!
O Lord! Giver of bliss!...

Prema Se Ham Guru-janoṅ Kī, Nitya Hī Sevā Kareṅ,
Satya Boleṅ, Jhūṭha Tyāgeṅ, Mel Āpasa Meṅ Kareṅ.
Nindā Kisī Kī Ham Kisī Se Bhūla Kara Bhī Nā Kareṅ.
Divya Jīvana Ho Hamārā Tere Yaśha Gāyā Kareṅ. He Prabho . . .
May we ever serve the elders with love!
May we speak the truth and relinquish falsehood!
May mutual understanding be our aim!
May we not criticize or blame others, even by mistake.
May our lives become divine, and may we always sing Thy glories!
O Lord! Giver of bliss!





HANUMAN CHALISA, STAVA & ASHTAKAM

SHLOKAS

(Shri Ramavandana)

Āpadām-apahartāraṃ, Dātāraṃ Sarva-sampadām.
Lokābhirāmaṃ Śhrī-rāmaṃ, Bhūyo Bhūyo Namāmyaham.

I bow down to Shri Rama again and again, Who removes all affliction, Who bestows all riches and Who is charming to all people.

Rāmāya Rāma-bhadrāya,
Rāma-chandrāya Vedhase.
Rāghu-nāthāya Nāthāya,
Sītāyāḥ Pataye Namaḥ.

Salutations unto Lord Rama, Who is auspiciousness, Whose presence is pleasing like the moon and Who is the Pious one, Who is the Lord of the Raghu's dynasty, the Lord of all beings, and the Consort of Sita.

Nīlāmbuja-śhyāmala-komalāṅgaṃ,
Sītā-samāropita-vāma-bhāgam.
Pāṇau Mahā-sāyaka-chāru-chāpaṃ,
Namāmi Rāmaṃ Raghu-vaṃśha-nātham.

I bow down to Rama, Who has a delicate body, Whose hue resembles the blue lotus, Who has seated Sita on His left side, Who holds the great arrow and beautiful bow in His hand, Who is the Lord born in the lineage of Raghu.

HANUMAN STAVA

(Praise to Lord Hanuman)

Pranavaūñ Pavana-kumāra Khala Bana Pāvaka Gyāna-ghana
Jāsu Hṛidaya Āgāra Basahiñ Rāma Sara Chāpa Dhara.

I offer my prostrations to the Son of the Wind, Who is like a fire to the forest of demons, Who is like a rain cloud of wisdom and in Whose heart-temple resides Lord Rama holding the bow and arrow.

Atulita-bala-dhāmaṃ Hema-sheilā Bhadehaṃ Danuja-vana-kṛiśhānuṃ Jñāninām Agragaṇyam.
Sakala-guṇa-nidhānaṃ Vānarāṇām-adhīśhaṃ Raghupati-priya-bhaktaṃ Vāta-jātaṃ Namāmi.

I bow to the Son of the Wind (Hanuman), the leader of the monkeys and the messenger of Rama, Whose strength is matchless, Whose body is like a hill of gold, Who burns up the forest of Asuras (demons) like a jungle fire, Who towers among the spiritually illumined ones, and Who is a treasure-house of all virtues.

Goṣhpadī-kṛita-vārīśhaṃ Maśhakī-kṛita-rākṣhasam,
Rāmāyaṇa-mahāmālā-ratnaṃ Vande'nilātmajam.

I bow to the Son of the Wind (Hanuman), Who crossed the ocean as if it were a puddle in the hoof-mark of a calf, Who squashed the Rakshasas as if they were mosquitoes, and Who by his deeds shines like the central gem in the necklace of the Ramayana.

Añjanā-nandanaṃ Vīraṃ Jānakī-śhoka-nāśhanam.
Kapīśham-akṣha-hantāran Vande Laṅkā-bhayaṅkaram.

I prostrate before Hanumanji, the delight of Añjana (his mother), the brave hero Who removed the grief of Janaki (Sita),
The chief of the monkeys, Destroyer of demon Aksha and the terror of Lanka.

Ullaṅghya Sindhoḥ Salilaṃ Salīlaṃ Yaḥ Śhoka-vahniṃ Janakātmajāyāḥ.
Ādāya Teneiva Dadāha Laṅkāṃ Namāmi Taṃ Prāñjalir-āñjaneyam.

With palms joined in reverence, I make prostrations to the Son of Añjana Who leaped across the sea as though in sport and, removing the fire of sorrow from Sita's mind, burnt Lanka with that very fire.

Mano-javaṃ Māruta-tulya-vegaṃ Jitendriyaṃ Buddhimatāṃ Variṣhṭham.
Vātātmajaṃ Vānara-yūtha-mukhyaṃ Śhrī Rāma-dūtaṃ Śharaṇaṃ Prapadye.
I bow my head to Hanumanji, I bow to the Son of the Wind, messenger of Rama, leader of the monkey army, Who is as fast as the wind and as quick as the mind, Who is the master of his senses and most distinguished and wise.

Āñjaneyam-ati-pāṭalānanaṃ Kāñchanādri-kamanīya-vigraham.
Pārijāta-taru-mūla-vāsinaṃ Bhāvayāmi Pavamāna-nandanam.
I bow before the Son of the Wind, Añjana's darling, Who is great among killers of ogres, Who is like a golden mountain, Who is handsome to look at and Who dwells near the roots of the Parijata tree.

Yatra Yatra Raghunātha-kīrtanaṃ Tatra Tatra Kṛita-mastakāñjalim.
Vaṣhpa-vāri-parī-pūrṇa-lochanaṃ Mārutiṃ Namata Rakṣhasāntakam.
I prostrate before Maruti (Hanuman), the destroyer of Rakshasas (demons), Who, with head bent down, palms folded in adoration and eyes brimming with tears, frequents every place where Rama's Name is glorified.

Añjanī-garbha-sambhūto Vāyu-putro Mahābala.
Kumaro Brahmachārī Cha Hanumantāya Namaḥ.
I prostrate again and again before Hanuman Who was born from Añjani's womb, the very powerful Son of the Wind-god, the eternal Brahmachari (celibate).

HANUMAN CHALISA

(Forty Verses in Praise of Lord Hanuman)

Saint Tulsidas

Śhrī-guru Charana Saroja Raja, Nija-manu Mukuru Sudhāri,
Baranauñ Raghubara Bimala Jasu Jo Dāyaku Phala Chāri.

Having cleansed the mirror of my mind with the dust of the Guru's lotus feet, I sing Shri Rama's spotless glory which bestows all the four fruits of life – Artha, Kama, Dharma and Moksha (wealth, fulfillment of desires, virtue and liberation).

Buddhi-hīna Tanu Jānike Sumirouñ Pavana-kumāra,
Bala Buddhi Vidyā Dehu Mohiñ Harahu Kalesa Bikāra. (1)

Realizing the inadequacy of my intellect, I remember the Son of the Wind (Shri Hanumanji); may He bless me with strength, intelligence and knowledge and remove my sorrows and shortcomings.

Jaya Hanumāna Jñāna Guna Sāgara,
Jaya Kapīsa Tihuñ Loka Ujāgara. (2)

Glory to You, O Hanuman! Ocean of wisdom and virtues! Glory to the Lord of the monkeys, enlightener of the three worlds!

Rāma Dūta Atulita Bala Dhāmā,
Añjani-putra Pavana-suta Nāmā. (3)

You are the messenger of Shri Rama, abode of incomparable might. O Añjani's Son! You are called Pavanasuta, "Son of the Wind".

Mahābīra Bikrama Bajarańgī,
Kumati Nivāra Sumati Ke Sańgī. (4)

Great hero of exceptional valour! Powerful as the thunderbolt! Remover of impure thoughts and companion to the good!

Kañchana Barana Birāja Subesā,
Kānana Kuṇḍala Kuñchita Kesā. (5)

Golden-hued and charmingly dressed, with sparkling earrings and curly locks.

Hātha Bajra Ou Dhvajā Birājei,
Kāňdhe Mūňja Janeū Sājei. (6)
In Your hands flash the thunderbolt and banner, and across Your shoulder is the sacred thread of Muňja grass.

Saṅkara Suvana Kesarī-nandana,
Teja Pratāpa Mahā Jaga Bandana. (7)
Shankara's Son, the delight of Keshari, the greatness of Your glory is revered throughout the world.

Bidyāvāna Gunī Ati Chātura,
Rāma Kāja Karibe Ko Ātura. (8)
Supremely wise, virtuous and clever, You are ever eager to carry out Rama's work.

Prabhu Charitra Sunibe Ko Rasiyā,
Rāma Laṣhana Sītā Mana Basiyā. (9)
You delight in listening to the glorious life-story of the Lord. Rama, Lakshmana and Sita dwell in Your heart.

Sūkṣhma Rūpa Dhari Siyahiň Dikhāvā,
Bikaṭa Rūpa Dhari Laṅka Jarāvā. (10)
Assuming a subtle form You appeared to Sita, and in awesome guise You burnt Lanka.

Bhīma Rūpa Dhari Asura Saňhāre,
Rāmachandra Ke Kāja Saňvāre. (11)
Taking a dreadful form, You slaughtered demons and fulfilled Lord Rama's mission.

Lāya Sajīvana Lakhana Jiyāye,
Śhrī-raghubīra Haraṣhi Ura Lāye. (12)
Bringing the life-giving herb, Sanjivani, You revived Lakshmana, and Shri Rama embraced You with delight.,

Raghupati Kīnhī Bahuta Baṛāī,
Tuma Mama Priya Bharatahi Sama Bhāī. (13)

Shri Rama praised You greatly and said: "You are as dear to me as my brother, Bharata!"

Sahasa Badana Tumharo Jasa Gāveiň,
Asa Kahi Śhrīpati Kaṇṭha Lagāveiň. (14)

"Even Adhi Sesha, the thousand-headed serpent, sings of Your glory!" So saying, Shri Rama held You in a warm embrace.

Sanakādika Brahmādi Munīsā,
Nārada Sārada Sahita Ahīsā. (15)

Sanaka and the sages, Brahma, gods and great saints, Narada, goddess Sarasvati, and the King of the serpents,

Jama Kubera Digapāla Jahāň Te,
Kabi Kobida Kahi Sake Kahāň Te. (16)

Yama (the god of death), Kubera (the god of wealth), Dikpalakas (the guardians of the cardinal directions), none can express Your glory! Then how can ordinary mortals, poets and scholars glorify You?

Tuma Upakāra Sugrīvahiň Kīnhā,
Rāma Milāya Rāja Pada Dīnhā. (17)

You rendered great service to Sugriva, presenting him to Shri Rama and restoring him to the throne.

Tumharo Mantra Bibhīṣhana Mānā,
Laṅkesvara Bhae Saba Jaga Jānā. (18)

Vibhishana heeded Your advice and became the king of Lanka, as all the world knows.

Juga Sahasra Jojana Para Bhānū,
Līlyo Tāhi Madhura Phala Jānū. (19)

Though the sun is thousands of miles away, You swallowed it, thinking it to be a sweet fruit.

Prabhu Mudrikā Meli Mukha Māhīň,
Jaladhi Lāňghi Gaye Acharaja Nāhīň. (20)

Holding the Lord's ring in Your mouth, it's no surprise You leapt across the ocean.

Durgama Kāja Jagata Ke Jete,
Sugama Anugraha Tumhare Tete. (21)
Every arduous task in this world becomes easy by Your grace.

Rāma Duāre Tuma Rakhavāre,
Hota Na Ājñā Binu Peisāre. (22)
You guard the entrance to Shri Rama's abode and none can enter without Your consent.

Saba Sukha Lahei Tumhārī Saranā,
Tuma Rakṣhaka Kāhū Ko Ḍaranā. (23)
Taking refuge in You, one finds all delight; those You protect know no fear.

Āpana Teja Samhāro Āpei,
Tīnoṅ Loka Hāṅka Te Kāṅpei. (24)
You alone can withstand Your own splendour; the three worlds tremble at Your roar.

Bhūta Pisācha Nikaṭa Nahīṅ Āvei,
Mahābīra Jaba Nāma Sunāvei. (25)
Ghosts and goblins cannot come near, Great Hero, when Your Name is uttered.

Nāsei Roga Harei Saba Pīrā,
Japata Nirantara Hanumata Bīrā. (26)
All diseases are cured and all pains removed, brave Hanuman, by constant repetition of Your Name.

Saṅkaṭa Teṅ Hanumāna Chhuṛāvei,
Mana Krama Bachana Dhyāna Jo Lāvei. (27)
Hanuman releases from affliction those who remember Him in thought, word and deed.

Saba Para Rāma Tapasvī Rājā,
Tina Ke Kāja Sakala Tuma Sājā. (28)
The ascetic King Rama reigns over all; yet You, Hanumanji, fulfilled all His tasks successfully.

Aura Manoratha Jo Koī Lāvei,
Soī Amita Jīvana Phala Pāvei. (29)
Whoever expresses a longing to You is rewarded with countless fruits of life.

Chāroň Juga Paratāpa Tumhārā,
Hei Parasiddha Jagata Ujiyārā. (30)
Your splendour fills the four ages; Your glory is famed throughout the world.

Sādhu Santa Ke Tuma Rakhavāre,
Asura Nikandana Rāma Dulāre. (31)
You are the protector of saints and sages, the destroyer of the demons, and the beloved of Rama.

Aṣhṭa Siddhi Nou Nidhi Ke Dātā,
Asa Bara Dīna Jānakī Mātā. (32)
You grant the eight Siddhis (supernatural powers) and the nine Nidhis (kinds of wealth) by the boon You received from Mother Janaki.

Rāma Rasāyana Tumhare Pāsā,
Sadā Raho Raghupati Ke Dāsā. (33)
You hold the elixir of Rama Rasayana (sweet devotion to Shri Rama). Eternally You remain His servant.

Tumhare Bhajana Rāma Ko Pāvei,
Janama Janama Ke Dukha Bisarāvei. (34)
Singing Your praise, one finds Rama and the sorrows of countless lives are destroyed.

Anta Kāla Raghubara Pura Jāī,
Jahāň Janma Hari-bhakta Kahāī. (35)

At death, one goes to Rama's own abode and, on taking rebirth, will be a devotee of the Lord.

Aura Devatā Chitta Na Dharaī,
Hanumata Sei Sarva Sukha Karaī. (36)
Even if one does not cherish any other god, by worshipping Shri Hanuman, that devotee will enjoy all bliss.

Saṅkaṭa Kaṭei Miṭei Saba Pīrā,
Jo Sumirei Hanumata Balabīrā. (37)
All affliction ceases, all pain is removed, by remembering the mighty hero, Hanuman.

Jei Jei Jei Hanumāna Gosāīň,
Kṛipā Karahu Gurudeva Kī Naīň. (38)
Victory! Victory! Victory to Lord Hanuman! Be merciful even as is the Divine Master!

Jo Sata Bāra Pāṭha Kara Koī,
Chhūṭahi Bandi Mahā Sukha Hoī. (39)
He who recites this (Hanuman Chalisa) a hundred times is freed from bondage and enjoys supreme bliss.

Jo Yaha Paṛhei Hanumāna-chālīsā,
Hoya Siddhi Sākhī Gaurīsā. (40)
One who reads this Hanuman Chalisa attains perfection; Gauri's Lord (Shiva) bears witness.

Tulasīdāsa Sadā Hari Cherā,
Kījei Nātha Hṛidaya Mahaň Ḍerā. (41)
Says Tulasidas, Lord Hari's constant servant, "Be gracious, Lord, to make my heart Your place of abode."

Doha:
Pavana-tanaya Saṅkaṭa Harana, Maṅgala Mūrati Rūpa.
Rāma Lashana Sītā Sahita, Hṛidaya Basahu Sura Bhūpa.

O Son of the Wind, Banisher of sorrow and Embodiment of all blessings! O King of the gods!
Dwell ever in my heart together with Rama, Lakshmana and Sita!



HANUMAN ASHTAKAM

(Eight stanzas in praise to Lord Hanuman)

Ko Nahiň Jānata Hei Jaga Meň Kapi, Saṅkaṭa-mochana Nāma Tihāro.
O Hanuman! Who in the world does not know Your Name that dispels all distress!

Bāla Samay Rabi Bhakṣhi Liyo Taba, Tīnahuň Loka Bhayo Aňdhiyāro,
Tāhi Soň Trāsa Bhayo Jaga Ko, Yaha Saṅkaṭa Kāhu Soň Jāta Na Ṭāro
Devana Āni Karī Binatī Taba, Chhāňṛi Diyo Rabi Kaṣhṭa Nivāro,
Ko Nahiň Jānata Hei Jaga Meň Kapi, Saṅkaṭa-mochana Nāma Tihāro. (1)

O Hanuman! In Your very childhood, You devoured the rising sun and darkness prevailed throughout the universe. The whole world became frightened believing that no one could prevent the impending doom. When the gods appeared and prayed, You released the sun, thereby dispelling the anguish of the world. O Hanuman! Who in the world does not know Your Name that dispels all distress!

Bāli Kī Trāsa Kapīsa Basei Giri, Jāta Mahā-prabhu Pantha Nihāro,
Chouňki Mahā-muni Sāpa Diyo Taba, Chāhiya Kouna Bichāra Bichāro
Kei Dvija Rūpa Livāya Mahā-prabhu, So Tuma Dāsa Ke Soka Nivāro,
Ko Nahiň Jānata Hei Jaga Meň Kapi, Saṅkaṭa-mochana Nāma Tihāro. (2)

Frightened by Bali, Sugriva was living on a hill-top, to which Bali had no access because of the curse of a sage. One day, not knowing that it was Lord Rama Who was approaching the hill with his brother Lakshmana, Sugriva was worried and dispatched You, O Hanuman, to ascertain who they were. Approaching them in the guise of a Brahmin, You brought them to Sugriva. Then You beseeched Lord Rama to rid

Sugriva of his troubles. O Hanuman! Who in the world does not know Your Name that dispels all distress!

Aṅgada Ke Saṅga Lena Gaye Siya, Khoja Kapīsa Yaha Beina Uchāro,
Jīvata Nā Bachihau Hama So Ju, Binā Sudhi Lāe Ihāṅ Pagu Dhāro.
Heri Thake Taṭa Sindhu Sabei Taba, Lāya Siyā-sudhi Prāna Ubāro,
Ko Nahiṅ Jānata Hei Jaga Meṅ Kapi, Saṅkaṭa-mochana Nāma Tihāro. (3)

When Sugriva commanded the monkeys, led by Angada, to go in search of Sita, he warned them that the life of none would be spared if they returned without any news of Sita. When the party became exhausted after searching intensely and were stranded at the sea-shore, You summoned up courage and flew to Lanka where You found Sita! Returning, You brought news about Sita and thus saved the lives of Your companions who were immersed in despondency. O Hanuman! Who in the world does not know Your Name that dispels all distress!

Rāvana Trāsa Daī Siya Ko Saba, Rākṣhasi Soṅ Kahi Soka Nivāro,
Tāhi Samay Hanumāna Mahā-prabhu, Jāya Mahā Rajanīchara Māro.
Chāhata Sīya Asoka Soṅ Āgi Su, Dei Prabhu Mudrikā Soka Nivāro,
Ko Nahiṅ Jānata Hei Jaga Meṅ Kapi, Saṅkaṭa-mochana Nāma Tihāro. (4)

When the demonesses, as instructed by Ravana, were troubling Sita in the grove of Ashoka trees, it was You Who, through a dream, made the demoness Trijata restrain the others, by telling her that Ravana's end was near. Then You also killed a big demon. When, on account of Ravana's harassment, Sita asked the Ashoka tree to give her some fire for ending her life, it was You, O Hanuman, Who gave her the ring given to You by Lord Rama and dispelled her grief. O Hanuman! Who in the world does not know Your Name that dispels all distress!

Bāna Lagyo Ura Lachhimana Ke Taba, Prāna Taje Suta Rāvana Māro,
Lei Gṛiha Beidya Suṣhena Sameta, Tabei Giri Drona Su Bīra Upāro.
Āni Sajīvana Hātha Daī Taba, Lachhimana Ke Tuma Prāna Ubāro,
Ko Nahiṅ Jānata Hei Jaga Meṅ Kapi, Saṅkaṭa-mochana Nāma Tihāro. (5)

During the battle in Lanka, when Lakshmana was struck by a deadly arrow discharged by Meghanada, the son of Ravana, and was lying unconscious on the verge of death, it was You, O Hanuman, Who brought the physician Sushena from Lanka and it was You Who procured the life-saving medicinal herb Sanjivani from the Drona Hill that revived Lakshmana! O Hanuman! Who in the world does not know Your Name that dispels all distress!

Rāvana Juddha Ajāna Kiyo Taba, Nāga Ki Phāňsa Sabei Sira Ḍāro,
Śhrī Raghunātha Sameta Sabei Dala, Moha Bhayo Yaha Saṅkaṭa Bhāro.
Āni Khagesa Tabei Hanumāna-ju, Bandhana Kāṭi Sutrāsa Nivāro,
Ko Nahiň Jānata Hei Jaga Meň Kapi, Saṅkaṭa-mochana Nāma Tihāro. (6)

When Ravana fought a fierce battle and managed to tie Lord Rama and his entire army in the noose of a magic snake, and none could think how to release them from this bondage, O Hanuman, it was You Who brought the eagle Garuda, the arch enemy of snakes, and got everyone freed from the deadly noose. O Hanuman! Who in the world does not know Your Name that dispels all distress!

Bandhu Sameta Jabei Ahirāvana, Lei Raghunātha Patāla Sidhāro,
Debihiň Pūji Bhalī Bidhi Soň Bali, Deu Sabei Mili Mantra Bichāro.
Jāya Sahāya Bhayo Taba Hī, Ahirāvana Seinya Sameta Saňhāro,
Ko Nahiň Jānata Hei Jaga Meň Kapi, Saṅkaṭa-mochana Nāma Tihāro. (7)

When Ahiravana secretly carried away Lord Rama and His brother Lakshmana to the Patala Loka (netherworld), the demon consulted his friends and decided to sacrifice the life of the two divine brothers. It was You, O Hanuman, Who reached there for the rescue of Your Lord Rama and his brother and saved their lives by killing Ahiravan and his army. O Hanuman! Who in the world does not know Your Name that dispels all distress!

Kāja Kiye Baṛa Devana Ke Tuma, Bīra Mahā-prabhu Dekhi Bichāro
Kouna So Saṅkaṭa Mora Garība Ko, Jo Tumasoň Nahiň Jāta Hei Ṭāro
Begi Haro Hanumāna Mahā-prabhu, Jo Kachhu Saṅkaṭa Hoya Hamāro
Ko Nahiň Jānata Hei Jaga Meň Kapi, Saṅkaṭa-mochana Nāma Tihāro. (8)

O Great Warrior! You have accomplished many tasks for the welfare of the gods. Can there be any problem or difficulty that I am facing that You cannot dispel, when You could help even the gods? O Great Lord, I pray to You to quickly rid me of whatever difficulties I am facing. O Hanuman! Who in the world does not know Your Name that dispels all distress!

Doha:
Lāla Deha Lālī Lase, Aru Dhari Lāla Laṅgūra.
Bajra Deha Dānava Dalana, Jaya Jaya Jaya Kapi Sūra.

Glory! Glory! All glory to the valiant Hanumanji whose coral-coloured body and heavy tail are anointed with crimson powder, Whose physique is as powerful as a thunderbolt and Who is the destroyer of the demons.

Siya-vara Rāmachandra Kī Jay! Pavana-suta Hanumana Kī Jay!
Umā-pati Mahādeva Kī Jay! Bolo Bhai Saba Santana Kī Jay!
Sadguru Bhagavana Kī Jay!

Glory to Sita's Husband, Ramachandra! Glory to Wind-god's Son, Hanuman! Glory to Uma's Husband, Shiva! O brother, say "Glory to all the Saints!" Glory to the Real Guru, the Lord!



NAMA RAMAYANAM

SHLOKAS

Dakṣhiṇe Lakṣhmaṇo Yasya,
Vāme Cha Janakātmajā.
Purato Mārutir-yasya,
Taṃ Vande Raghu-nandanam.

I bow to that Lord Raghunandana (Rama), on Whose right side is Lakshmana, on Whose left side is His consort Sita, daughter of Janaka, and in front (in eternal obeisance) is Maruti (Shri Hanuman).

Lokābhirāmaṃ Raṇa-raṅga-dhīraṃ,
Rājīva-netraṃ Raghu-vaṃśha-nātham.
Kāruṇya-rūpaṃ Karuṇā-karantaṃ,
Śhrī-rāma-chandraṃ Śharaṇaṃ Prapadye.

I take refuge in Shri Ramachandra, Who is the most beautiful of the world,
Who is valiant in the battlefield, Who has blue lotus-like eyes,
Who is the Lord of Raghu's dynasty and Who is the embodiment of compassion and a treasure of mercy.

Mano-javaṃ Māruta-tulya-vegaṃ Jitendriyaṃ Buddhimatāṃ Variṣhṭham.
Vātātmajaṃ Vānara-yūtha-mukhyaṃ Śhrī-rāma-dūtan Śharaṇaṃ Prapadye.

I take refuge in the Wind God's Son (Hanuman), Messenger of Rama, Leader of the Monkey Army, Who is as fast as the wind and as quick as the mind, Who is the master of his senses and most distinguished and wise.

SHUDDHA-BRAHMA PARATPARA RAM

(Shri Rama-Nama Sankirtanam)

Śhrī Rām Jaya Rām Jaya Jaya Rām.
Śhrī Rām Jaya Rām Jaya Jaya Rām.
Glory to Lord Rama! Glory, glory to Rama!

Raghupati Rāghava Rājā Rām.
Patita Pāvana Sītā Rām.
Lord Rama, Lord of the dynasty of Raghu!
Uplifter of those Who have fallen, (O divine couple) Sita and Rama!

Bāla-kāṇḍa

Śhuddha-brahma Parātpara Rām. (1)
O Rama, You are the Pure Brahman (Supreme Being) and the greatest of all beings!

Kālātmaka Parameśhvara Rām. (2)
O Rama, You are of the nature of Time, and the Supreme Ruler!

Śheṣha-talpa-sukha-nidrita Rām. (3)
O Rama, Who slumbers on the serpent bed of Shesha!

Brahmādy-amara-gaṇa-prārthita Rām. (4)
O Rama, to Whom Brahma and other gods prayed!

Chaṇḍa-kiraṇa-kula-maṇḍana Rām. (5)
O Rama, You are an ornament to the solar dynasty!

Śhrīmad-daśharatha-nandana Rām. (6)
O Rama, born as the Son of Dasharatha!

Kausalyā-sukha-varddhana Rām. (7)
O Rama, You enhanced the joy of Your mother, Kausalya!

Viśhvāmitra-priya-dhana Rām. (8)
O Rama, the sage Visvamitra cherished You as his most precious wealth!

Ghora-tāṭakā-ghātaka Rām. (9)
O Rama, You destroyed the fierce demoness Tataka!

Mārīchādi-nipātaka Rām. (10)
O Rama, You shot down the demon Maricha!

Kauśhika-makha-saṃrakṣhaka Rām. (11)
O Rama, You protected the sacrificial rites of Kaushika!

Śhrīmad-ahalyoddhāraka Rām. (12)
O Rama, You bestowed liberation upon Ahalya!

Gautama-muni-sampūjita Rām. (13)
O Rama, Whom the sage Gautama worshipped!

Sura-muni-vara-gaṇa-saṃstuta Rām. (14)
O Rama, Whom the gods and the galaxy of great sages praised!

Nāvika-dhāvita-mṛidu-pada Rām. (15)
O Rama, Whose tender feet were washed and worshipped by the boatman!

Mithilā-pura-jana-modaka Rām. (16)
O Rama, Who filled the citizens of Mithila with joy!

Videha-mānasa-rañjaka Rām. (17)
O Rama, Who delighted Janaka, the king of Videha!

Tryambaka-kārmuka-bhañjaka Rām. (18)
O Rama, Who broke the bow of Trymbaka (Shiva)!

Sītārpita-varamālika Rām. (19)
O Rama, on Whom Sita put her wedding garland!

Kṛita-vaivāhika-kautuka Rām. (20)
O Rama, Who shone in the splendor of the marriage ceremony!

Bhārgava-darpa-vināśhaka Rām. (21)
O Rama, Who humbled the pride of Bhargava!

Śhrīmad-ayodhyā-pālaka Rām. (22)
O Rama, Who looked after the government of Ayodhya!

Raghupati Rāghava Rājā Rām.
Patita Pāvana Sītā Rām.

Ayodhyā-kāṇda
Raghupati Rāghava Rājā Rām . . . .

Agaṇita-guṇa-gaṇa-bhūṣhita Rām. (23)
O Rama, possessed of countless virtues!

Avanītanayā-kāmita Rām. (24)
O Rama, loved by Sita, the daughter of mother earth!

Rākāchandra-samānana Rām. (25)
O Rama, Whose face was resplendent like the full moon!

Pitṛi-vākyāśhrita-kānana Rām. (26)
O Rama, Who went to the forest in obedience to his father's word!

Priya-guha-vinivedita Pada Rām. (27)
O Rama, Whose feet were worshipped by his dear devotee, Guha!

Tatkṣhālita-nijamṛidu-pada Rām. (28)
O Rama, Whose tender feet were washed by him (Guha)!

Bharadvāja-mukhānandaka Rām. (29)
O Rama, You gave great joy to Bharadvaja and others!

Chitrakūṭādri-niketana Rām. (30)
O Rama, Who dwelt on Mt. Chitrakuta!

Daśharatha-saṃtata-chintita Rām. (31)
O Rama, You were the object of constant thought for Dasharatha!

Kaikeyī-tanayārchita Rām. (32)
O Rama, Whom Bharata, the son of Kaikeyi, entreated to return!

Virachita-Nija-Pitṛi-karmaka Rām. (33)
O Rama, You performed the obsequies of Your father, Dasharatha!

Bharatārpita-nija-pāduka Rām. (34)
O Rama, You bestowed Your sandals on Bharata!

Raghupati Rāghava Rājā Rām.
Patita-pāvana Sītā Rām.

Āraṇya-kāṇḍa
Raghupati Rāghava Rājā Rām...

Daṇḍaka-vana-jana-pāvana Rām. (35)
O Rama, You sanctified the residents of Dandaka forest!

Duṣhṭa-virādha-vināśhana Rām. (36)
O Rama, You destroyed the evil demon Viradha!

Śharabhaṅga-sutīkṣhṇārchita Rām. (37)
O Rama, Whom the sages Sharabhanga and Sutikshna worshipped!

Agastyānugraha-vardhita Rām. (38)
O Rama, Whose powers were enhanced by the blessings of sage Agastya!

Gṛidhrādhipa-saṃsevita Rām. (39)
O Rama, Whom Jatayu, the vulture king, honoured!

Pañchavaṭī-taṭa-susthita Rām. (40)
O Rama, You settled down at Panchavati!

Śhūrpaṇakhārti-vidhāyaka Rām. (41)
O Rama, You punished Surpanakha!

Khara-dūṣhaṇa-mukha-sūdaka Rām. (42)
O Rama, You destroyed the host of demons headed by Khara and Dushana!

Sītā-priya-hariṇānuga Rām. (43)
O Rama, You chased the deer that fascinated Sita!

Mārīchārti-kṛidāśhuga Rām. (44)
O Rama, Your swift arrows killed Maricha!

Apahṛita-sītānveṣhaka Rām. (45)
O Rama, You set out in search of the kidnapped Sita!

Gṛidhrādhipa-gati-dāyaka Rām. (46)
O Rama, You gave salvation to Jatayu, the king of the vultures!

Śhabarī-datta-phalāśhana Rām. (47)
O Rama, You ate the fruit-offerings of the woman sage Shabari!

Kabandha-bāhuch-chhedaka Rām. (48)
O Rama, You chopped off the arms of the monster Kabandha!

Raghupati Rāghava Rājā Rām.
Patita-pāvana Sītā Rām.

Kiṣhkindhā-kāṇḍa
Raghupati Rāghava Rājā Rām...

Hanumat-sevita-nija-pada Rām. (49)
O Rama, Your feet were worshipped by Hanuman!

Nata-sugrīvābhīṣhṭada Rām. (50)
O Rama, You fulfilled the prayers of Sugriva who bowed down to You!

Garvita-vāli-saṃhāraka Rām. (51)
O Rama, You killed the pride-filled Vali!

Vānara-dūta-preṣhaka Rām. (52)
O Rama, You sent the monkeys on Your mission!

Hitakara-lakṣhmaṇa-saṃyuta Rām. (53)
O Rama, You are accompanied by the faithful Laksmana!

Kapivara-santata-saṃsmṛita Rām. (54)
O Rama, You are ever remembered by Hanuman, the best among monkeys!

Raghupati Rāghava Rājā Rām.
Patita-pāvana Sītā Rām.

Sundara-kāṇḍa
Raghupati Rāghava Rājā Rām...

Tadgati-vighna-dhvaṃsaka Rām. (55)
O Rama, You removed all obstacles faced by (Hanuman) in his search for Sita!

Sītā-prāṇādhāraka Rām. (56)
O Rama, You sustained the life of Sita!

Duṣhṭa-daśhānana-dūṣhita Rām. (57)
O Rama, You were insulted by the evil Ravana!

Śhiṣhṭa-hanumat-bhūṣhita Rām. (58)
O Rama, You were adored by the noble Hanuman!

Sītāvedita-kānana Rām. (59)
O Rama, Sita reminded You of the audacity of the crow!

Kṛita-chūḍāmaṇi-darśhana Rām. (60)
O Rama, You beheld the crest-jewel sent by Sita!

Kapivara-vachanāśhvāsita Rām. (61)
O Rama, You were consoled by the words of the monkey chief!

Rāvaṇa-nidhana-prasthita Rām. (62)
O Rama, You marched forth for the destruction of Ravana!

Raghupati Rāghava Rājā Rām.
Patita-pāvana Sītā Rām.

Yuddha-kāṇḍa
Raghupati Rāghava Rājā Rām...

Vānara-sainya-samāvṛita Rām. (63)
O Rama, You were surrounded by the army of monkeys!

Śhara-śhoṣhita-ratnākara Rām. (64)
O Rama, the lord of the seas begged You not to dry up the ocean!

Vibhīṣhaṇābhaya-dāyaka Rām. (65)
O Rama, You gave refuge to Vibhishana!

Parvata-setu-nibandhaka Rām. (66)
O Rama, You built a bridge across the sea with stones!

Kumbhakarṇa-śhirach-chhedaka Rām. (67)
O Rama, You decapitated Kumbhakarna!

Rākṣhasa-saṅgha-vimardaka Rām. (68)
O Rama, You annihilated the clan of demons!

Ahi-mahi-rāvaṇa-chāraṇa Rām. (69)
Rama, You were spied upon by Ahiravana and Mahiravana in the form of singers!

Saṃhṛita-daśhamukha-rāvaṇa Rām. (70)
O Rama, You killed Ravana, the ten-headed Rakshasa!

Vidhi-bhava-mukha-sura-saṃstuta Rām. (71)
O Rama, You were praised by Brahma, Shiva and other gods!

Khasthita-daśharatha-vīkṣhita Rām. (72)
O Rama, Dasharatha beheld You with joy from his heavenly abode!

Sītā-darśhana-modita Rām. (73)
O Rama, You rejoiced to see Sita again!

Abhiṣhikta-vibhīṣhaṇa-nuta Rām. (74)
O Rama, You were praised by Vibhishana after his coronation!

Puṣhpaka-yāna-ārohaṇa Rām. (75)
O Rama, You ascended the aerial vehicle, Pushpaka (for returning to Ayodhya)!

Bharadvāja-abhiniṣhevaṇa Rām. (76)
O Rama, You were adored by Bharadvaja!

Bharata Prāṇa-priya-kāraka Rām. (77)
O Rama, You fulfilled Bharata's wish (by returning at the stipulated time)!

Avadha-purī Kula-bhūṣhaṇa Rām. (78)
O Rama, Your presence adorned the city of Ayodhya!

Sakala-sattva-samānana Rām. (79)
O Rama, You received the homage of all Your people!

Ratna-lasat-pīṭha-sthita Rām. (80)
O Rama, You were seated on a throne shining with precious gems!

Paṭṭābhiṣhekā-laṅkṛita Rām. (81)
O Rama, You wore the robes and ornaments proper for Your coronation!

Pārthiva-kula Sammānita Rām. (82)
O Rama, Whom all the kings honored!

Vibhīṣhaṇārpita Rañjaka Rām. (83)
O Rama, You were pleased by the offering of Vibhishana!

Kīśha-kulānugraha-kara Rām. (84)
O Rama, You showered Your blessings on the hosts of monkeys!

Sakala-jīva-saṃrakṣhaka Rām. (85)
O Rama, Protector of all beings!

Samasta-lokoddhāraka Rām. (86)
O Rama, You are the Support of all the worlds!

Raghupati Rāghava Rājā Rām
Patita-pāvana Sītā Rām.





Glossary of Divine Names

Achyuta: One who has never fallen from His inherent nature. *Chyuta* means fallen. The Lord has said: *"As I never had a fall (chyuti), I am Achyuta".* He is the ever Pure and Immutable Reality; Name of Lord Vishnu.

Ambā: Mother; Name of the Divine Mother.

Āñjaneya: Son of mother Añjani; Name of Lord Hanuman. (See also Hanuman.)

Avadhūta: One Who has shaken off from himself all mental illusions. An ascetic of the highest order who has renounced the world, usually naked; Name of Lord Dattatreya.

Bhagavān: One Who possesses the six divine attributes (*Bhaga*) – lordliness (*Aishvarya*), fullness (*Samagra*), righteousness (*Dharma*), fame (*Yasha*), knowledge (*Jñana*) and dispassion (*Vairagya*); Name given to the Lord and also to Saints.

Bhakta-vatsala: One Who is affectionate and loving (*Vatsala*) to His devotees (*Bhaktas*).

Bhavānī: The Divine Mother Who is the Giver of life; Name usually identified with Goddess Parvati, the Consort of Lord Shiva in Her amiable and pacific form.

Bholānātha: (Sometimes 'Bholenatha') the Lord (*Natha*) Who is simple and innocent (*Bhola*); Name of Lord Shiva.

Brahmā: God as the Creator; the first of the created beings; Hiranyagarbha or Cosmic Intelligence.

Brahman: (Also Brahma) the Supreme Reality that is one and indivisible, infinite and eternal; all pervading, changeless Existence.

Chidānanda: One Who is Absolute Consciousness (*Chit*) and Bliss (*Ananda*). Brahman, the Supreme Lord.

Dakṣhiṇāmūrti: Lord Shiva as the Supreme Guru Who imparted the inner

spiritual Knowledge to the four seeking sages, the Kumaras, through Silence. 1. The Deity (*Murti*) facing the South (*Dakshina*). It may be understood as the Conqueror of death because it is said that Yama (the Death-god) dwells in the South. By Lord Dakshinamurti's teachings one can be freed from the wheel of birth and death. 2. The Expert (*Dakshina*) who is Formless (*Amurti*). The Lord is an expert to teach what is beyond words.

Dāmodara: 1. One Who is attained by the seeker who has purified (*Udara*) his mind by means of *Dama* (self-control). 2. One Who has a rope (*Dama*) tied round His waist (*Udara*) – this makes reference to the child Krishna when He was punished by His mother Yashoda who tied Him up with a rope around His waist. 3. He in Whose abdomen (*Udara*) these worlds have their abode (*Dama*); Name of Lord Krishna.

Dattātreya: One Who is the gift (*Datta*) granted to Sage Atri and his wife Anasuya. The Supreme Lord in His three aspects of Brahma, Vishnu and Shiva (the Trimurti) bestowed upon the sage couple the boon of being born as their son. Lord Dattatreya is considered as an Avatar (God's incarnation) and the Adi Guru (the first Spiritual Teacher).

Dayānidhi: One Who is a treasure (*Nidhi*) of mercy (*Daya*).

Devakīnandana: The joy (*Nandana*) of His mother Devaki; Name of Lord Krishna.

Devī: The Divine Mother (from *Div*, to shine).

Digambara: 1. One Who has the four quarters of space (*Dik*) as His garments (*Ambara*). The Supreme Consciousness that, being without form, cannot be covered by anything. 2. A naked Sadhu; Name of Lord Shiva and Lord Dattatreya.

Dīnabandhu: The Friend (*Bandhu*) of the helpless (*Dina*).

Dīnadayālu: One Who is compassionate (*Dayalu*) towards the helpless (*Dina*).

Dīnanātha: The Lord (*Natha*) of those who are in distress (*Dina*).

Dīnoddhariṇī: The Uplifter (*Uddharini*) of the poor and helpless (*Dina*); Name of the Divine Mother.

Durgā: Lit. One Who is difficult (*Dur*) to attain (*Gam*). 1. She is difficult to please without devotion; Name of the Divine Mother in Her warrior aspect. She is the invincible Divine Power that destroys demons (the external and internal negative forces). 2. As the Divine Mother killed the demon Durga,

She is called Durga.

Gaṇapati: The Lord (*Pati*) of Lord Shiva's attendants (*Ganas*); Name of Lord Ganesha.

Gaṇeśha: The Chief (*Isha*) of Lord Shiva's attendants (*Ganas*). The elephant-headed God Who is the Giver of wisdom and the Remover of obstacles. Lord Shiva and Mother Parvati's Son.

Gaṅgā: The Goddess of the celestial river Ganges. Her flow represents the nectar of Immortality. The story tells us that Ganga came down to the Earth from Her divine abode at the request of King Bhagiratha who did rigorous penance for the redemption of his ancestors, the thousand sons of Sagara, who had been burnt to ashes by sage Kapila. From then on, the Divine Ganga flows along the Earth purifying everyone who takes a dip into Her holy waters. (See also Gangadhara.)

Gaṅgādhara: The Bearer (*Dhara*) of the river Ganges (*Ganga*); Name of Lord Shiva from Whose matted locks the Divine Mother Ganga flows. The story says that Lord Shiva received the Divine Ganga in His matted hair in order to prevent Her powerful descent from destroying the Earth when She came down from Her divine abode. (See also Ganga.)

Gaurī: 1.The radiant Mother; Name of Parvati, Lord Shiva's Consort, Whose complexion turned a brilliant gold as a result of the rigorous penance She performed in order to please Her Lord. 2. Lit. A young girl. The story tells us that Parvati won Lord Shiva as Her Husband when She was only sixteen years old.

Ghanaśhyāma: One Who is dark (*Shyama*) as a heavily-laden rain-cloud (*Ghana*); Name of Lord Krishna.

Giridhara: The Bearer (*Dhara*) of the mountain (*Giri*); Name of Lord Krishna Who lifted the Govardhana Mountain with His little finger in order to protect the people of Gokula from the heavy rains sent down by Indra (the Rain-god) in his anger.

Girijāpati: The Husband (*Pati*) of Girija, the mountain (*Giri*) born (*Ja*) maiden, e.g. Parvati, Who won Lord Shiva's love after Her intense penance; Name of Lord Shiva.

Girīśha: The Lord (*Isha*) of the mountain (*Giri*); Name of Lord Shiva, Whose abode is Mount Kailasa.

Gopāla: 1. The Cowherd, in reference to Lord Krishna Who took care of the cows (*Go*) in His boyhood. 2. The Protector (*Pala*) of Earth (*Go*), in

reference to Lord Vishnu Who takes different incarnations in order to protect the virtuous and to destroy the vicious. It is said that Mother Earth, in the form of a cow, once appeared before Lord Vishnu to beg for His protection against the demonical beings who were causing her much distress.

Gopikā-vallabha: The Beloved (*Vallabha*) of the milkmaids (*Gopikas*); Name of Lord Krishna.

Govinda: *Gov* (from the original Sanskrit word *Go*) has different meanings: 'cow, earth, milk, an organ of sense, word, etc.' *Inda* means 'chief, powerful'. 1. The Chief of cowherds. 2. The Protector of cows. 3. The Controller of the senses. 4. One Who is known through the words of the Upanishads. 5. One Who pleases the cows; Name of Lord Krishna.

Guru: The Spiritual Teacher who removes the darkness of ignorance.

Gurudeva: The Divine Teacher. The Guru is God Himself in a human form, Who comes to help us, protect us and guide us along the spiritual path.

Hanuman: The powerful Monkey-God born of Añjani, a celestial woman who had been turned into a monkey due to a curse, and Pavana, the Wind-god. 1. He was named Hanuman after the name of the city of Hanumpur over which His maternal uncle Parti Surya ruled. 2. In Sanskrit, *Hanu* means jaw. The story says that the thunderbolt used by Indra to stop Hanuman from touching the Sun hit Hanuman's jaw and, after this incident, He got the name – 'one with a broken jaw'.

Hara: 1.The Destroyer; Name of Lord Shiva Who destroys the world at the end of Time. 2. As He removes the low tendencies in the spiritual seeker, He is Hara, the Transformer.

Hari: (Voc. Hare) Name of Lord Vishnu. 1. The Destroyer of our afflictions. 2. The Remover of sorrows. 3. One Who incarnates to destroy the wicked and protect the virtuous.

Īśhvara: One Who has unlimited lordliness or power over all things. In Vedanta, Ishvara is the Supreme Self or Brahman as the cause of the universe. He is the cosmic manifestation of Brahman, pervading the whole cosmos and determining its activities – creating it, preserving it and destroying it.

Jagadīśha: The Lord (*Isha*) of the world (*Jagat*).

Jānakī: The Daughter of King Janaka; Name of Mother Sita, the Consort of Lord Rama and an incarnation of Goddess Lakshmi. (See also Sita.)

Janārdana: One to Whom men (*Jana*) pray (*Ardana*) for prosperity, happiness and final liberation; Name of Lord Vishnu, especially in His incarnation as Shri Krishna.

Jaṭādhara: One Who wears (*Dhara*) matted-hair (*Jata*); Name of Lord Shiva.

Kālī: A fearful and black form of the Divine Mother with lolling red tongue, holding a severed blood-dripping human head in one hand (symbolizing severance of the ego) and a sword in another hand with which to destroy all that stands as an obstacle in the path of the spiritual seeker, everything that is base, evil, impure or unspiritual in him.

Kārttikeya: Lord Shiva's son and Shri Ganesha's brother. Karttikeya means 'Son of the Krittikas-maidens', which refers to a story that tells us that the infant son of Lord Shiva was nursed by six Krittikas (celestial maidens). (See also Sharavanabhava and Subrahmanya.)

Karuṇā-sāgara: One Who is an ocean (*Sagara*) of mercy (*Karuna*); Name usually referring to Lord Vishnu in His incarnations as Lord Rama and Lord Krishna.

Keśhava: 1. One Who has long and beautiful hair (*Kesha*). 2. The Slayer of demon Keshi. 3. The Ray of light (*Kesha*) that illuminates the sun (everything shines because of Him). 4. One Who is endowed with the divine powers of Brahma, Vishnu and Shiva; Name of Lord Krishna.

Kṛipāsindhu: One Who is an ocean (*Sindhu*) of mercy (*Kripa*); Name usually referring to Lord Vishnu in His incarnations as Lord Rama and Lord Krishna.

Kṛiṣhṇa: 1. One Who has a black, dark or dark-blue complexion. 2. Existence (*Krish*) and Bliss (*Na*) meaning Paramatman, the Supreme Being. 3. The Enchanter of His devotees, the Truth that attracts (*Krish*) everybody to Himself. 4. One Who removes the sins from the heart of the devotee who meditates upon Him; Name of the Avatar (incarnation) of Lord Vishnu, Who was born to imprisoned King Vasudeva and Devaki, but Who grew up as the child of Yashoda and Nanda in Vraj (Vrindavana) amongst the cowherd boys (*gopas*) and the milkmaid girls (*gopis*), bringing divine joy to the hearts of all, especially to Radha, His divine counterpart, who was the embodiment of purity and selfless love. Later He killed the sinner Kamsa, recovered the kingdom of His royal family, married Princess Rukmini, and supported the Pandavas in the Mahabharata War so that righteousness and peace were restored. His wisdom teachings to his

friend and disciple Arjuna are immortalized in the Bhagavad Gita.

Lakṣhmī: The Goddess of fortune. She protects devotees from all kinds of miseries. Mother Lakshmi is endowed with all the auspicious marks and divine qualities. She is the Consort of Lord Vishnu. She incarnated as Sita (Lord Rama's Wife), Radha (the Beloved of Lord Krishna) and Rukmini (the main Queen of Lord Krishna). (See also Shri.)

Lalita: Lit. One Who plays. The Charming One; Name of the Divine Mother in Her aspect as pure Sattva (the state of luminosity, harmony, equilibrium, steadiness and purity). She is the Shakti or power of the three aspects of God – Brahma, Vishnu and Shiva.

Mādhava: 1. The Lord (*Dhava*) of Lakshmi (*Ma*). 2. The Descendant of Madhu (Yadhu's dynasty). 3. The Lord of Knowledge (*Ma*); Name of Lord Vishnu and His incarnation as Lord Krishna.

Madhusūdana: 1. The Slayer (*Sudana*) of the demon Madhu. 2. The word Madhu also means "honey"; therefore, Madhusudana is the Destroyer (*Sudana*) of that which is sweet to us, our attachment to the pleasing and alluring objects of the world, that are really temporary and illusory; Name of Lord Krishna.

Mahādeva: The Great (*Maha*) God (*Deva*); Name of Lord Shiva.

Maheśhvara: The Great (*Maha*) Lord (*Ishvara*); Name of Lord Shiva.

Māheśhvarī: The Great (*Maha*) Goddess (*Ishvari*), Parvati, the Consort of Maheshvara; Name of the Divine Mother.

Manamohana: The Enchanter (*Mohana*) of the mind (*Manas*); Name of the Lord usually referring to Lord Krishna.

Manohara: One Who enraptures (*Hara*) the mind (*Manas*) by His incomparable blissful nature, the Charming Lord; Name of the Lord usually referring to Lord Krishna and also to Lord Shiva.

Māteśhvarī: The Supreme (*Ishvari*) Mother (*Mata*).

Maiyā (Also Maiyī): Dimin. of Mother in colloquial Hindi language.

Mukunda: One Who bestows Mukti or Liberation upon the sincere seeker; Name of Lord Vishnu especially in His incarnation as Shri Krishna.

Muralīmanohara: One Who enraptures (*Hara*) the mind (*Manas*) of devotees by playing His flute (*Murali*); Name of Lord Krishna.

Murāri: The Enemy (*Ari*) of the demon Mura; Name of Lord Vishnu and His incarnation as Lord Krishna Who killed Mura, the demon who kept fighting and distressing everybody, and defeating even gods.

Nandanandana: The Son (*Nandana*) of Nanda; Name of Lord Krishna, Who was brought up in the countryside by Nanda and his wife Yashoda.

Nārāyaṇa: 1. The Refuge (*Ayana*) of everyone (*Nara*). 2. One Who has His abode (*Ayana*) in the waters (*Nara*); this makes reference to the Cosmic Child Who was lying on a banyan leaf, floating on the Ocean of Consciousness, after absorbing all beings into Himself during the Pralaya (cosmic dissolution). 3. One Who is the abode (*Ayana*) of all beings (*Nara*) after the Pralaya. 4. One Who pervades the whole cosmos within and without. 5. The Self of everybody; Name of the Supreme Being often referring to Lord Vishnu.

Nārāyaṇī: Name of the Divine Mother in Her aspect of Shri Lakshmi or Lord Vishnu's Shakti (Power). The Supreme Reality as Divine Mother.

Nātha: The Lord, the Protector, the Refuge.

Oṃkāra: The Sacred Syllable Om. Everything is Om. Om is the Cosmic Vibration with which the creation began. Om is the manifestation of God (Brahman) as sound or vibration.

Pāṇḍuraṅga: Also known as Vithoba. The presiding Deity of Pandharpur. He is generally considered a manifestation of Lord Vishnu or His incarnation, Krishna, yet He is crowned with the Linga, symbol of Shiva. Although the literal meaning of Panduranga is 'one of whitish (*Panduh*) limbs (*Anga*), He is often depicted as a dark young boy, standing on a brick with arms akimbo. (See also Vitthala.)

Parabrahma: The Supreme (*Para*) Lord (*Brahman*), the Absolute, the Transcendental Reality.

Paramātman: The Supreme (*Parama*) Soul (*Atman*).

Parameśhvara: The Supreme (*Parama*) Lord (*Ishvara*) Who dwells alike in all beings.

Parāśhakti: The Supreme (*Para*) Power (*Shakti*) of God; Name of the Divine Mother.

Paśhupati: Lit. The Lord (*Pati*) of animals or cattle (*Pashu*). 'Pashu' here means the ignorant man, the individual soul who is sunk in the quagmire of Samsara (the wheel of birth and death); Name of Lord Shiva.

Prabhu: (Voc. Prabho) Lord, Master; the Almighty Lord.

Rādhā: The celebrated milkmaid or Gopi who was Lord Krishna's Beloved. She was an incarnation of Mother Lakshmi and an example of the purest devotion and total surrender to the Lord without any kind of expectation.

Rādhā-ramaṇa: Radha's Consort (*Ramana*); Name of Lord Krishna.

Rādhikā: Another name of Radha, Lord Krishna's Beloved.

Rāghava: King Raghu's Descendant; Name of Lord Rama.

Raghupati: The Lord (*Pati*) of Raghu's dynasty; Name of Lord Rama.

Rāma: The eternally blissful One in Whom the Yogis find delight; the Supreme Self Who is Pure Bliss. One Who is charming, lovable and pleasing; Name of Lord Vishnu in His seventh incarnation as the Son of King Dasharatha and his wife Kausalya, Who married Sita after performing the wonderful feat of bending Shiva's bow. On the eve of his coronation as king of Ayodhya, he was exiled to the forest for 14 years through the scheming of his father's favourite wife. After the demon King Ravana abducted Sita, Rama sent Hanuman in search of her. A great war was fought; the demons were defeated. Rama killed Ravana, rescued Sita and restored righteousness, thus fulfilling the main purpose of His incarnation. Nowhere in the history of the world can we find a parallel to the sterling character of Shri Rama as a man, son, brother, husband, father or king. The hero of the epic The Ramayana.

Rāmachandra: One Who is serene and pleasing (*Rama*) as the moon (*Chandra*); Name of Lord Rama.

Rukmiṇī: Lit. One Who is adorned with gold (*Rukma*). She was the Princess of Vidarbha who was determined to marry Krishna and not the man selected by her brother; therefore She secretly sent a letter to Her beloved Krishna requesting Him to accept Her as His wife. As the Lord always listens to the call of His devotees, He agreed and managed to carry Her off in His chariot. She became the chief Queen of Lord Krishna and is considered as an incarnation of Mother Lakshmi.

Sachchidānanda: One Who is Pure Existence (*Sat*), Pure Consciousness (*Chit*) and Pure Bliss (*Ananda*); Name of the Supreme Being.

Sadgurunātha: The real (*Sat*) Guru who is the Protector, the Refuge, the Lord (*Natha*) of the heart of the disciple. The Guru who directs the disciple towards the Truth (*Sat*); the inner Guru.

Sarasvatī: 1. The Divine Mother in Her knowledge-giving aspect. She is the Shakti of Brahma. She is also the Goddess of all the creative arts, particularly of poetry and music, learning and science. She is the Deity of the philosophical knowledge of Truth that one gets from the scriptures and from the lips of the Guru as also of the practice and realisation of this

knowledge. She is the embodiment of greatest purity (*Shuddha Sattva*). 2. Sarasvati – the waters (*Saras*) that move – is also the name of a (now extinct) holy river in India mentioned in the Rig Veda.

Śhakti: The Divine Energy or Power of God usually personified as His Consort according to the different aspects of the Lord. In His creative aspect (*Brahma*), Shakti is Goddess Sarasvati. In His preserving aspect (*Vishnu*), Shakti is Goddess Lakshmi. In His destructive or transformative aspect (*Shiva*), Shakti is Goddess Parvati. As the Shakti of all the Gods together, She is Mother Durga.

Śhambhu: (Voc. Shambho) Benevolent, Giver of happiness; Name of Lord Shiva.

Śhaṅkara: One Who is benevolent and auspicious; Name of Lord Shiva.

Śharavaṇabhava: One Who was born (*Bhava*) in a reed (*Shara*) forest (*Vana*); Name of Lord Karttikeya, the Son of Lord Shiva and Mother Parvati. The story narrates that after receiving the energy of Lord Shiva through Agni (the fire-god), the Krittikas (celestial maidens), unable to bear it, got rid of it in Sharavana (Reed) Lake. The Son of Lord Shiva was born there, among these reeds, and this is why He is called Sharavanabhava. (See also Karttikeya and Subrahmanya.)

Śhiva: The Auspicious One; Name of Lord Shiva Who loves all and accepts those who are rejected by everybody. He is very generous in granting boons and blessings to His devotees. He married Sati, daughter of Daksha Prajapati. Sati was reborn as Parvati (also called Gauri and Uma), the daugher of Himavat, and again married Shiva after performing severe penace to win His love. Lord Shiva is one of the sacred Hindu Trinity: Brahma is the creator, Vishnu is the Preserver and Shiva is the dissolver of the universe at the end of time.

Śhiva-liṅgam: The sacred symbol (*Lingam*) of Lord Shiva that represents His formless and infinite aspect. It is usually a black stone with a rounded form which is worshipped with the most delightful offerings, such as milk, honey, curd, flowers, Bilva leaves, etc.

Śhrī: Name of the Divine Mother as a Giver of abundance, prosperity, power, fortune and pleasure. Another name of Goddess Lakshmi Who incarnated as Sita (the Consort of Lord Rama), Radha (the Beloved of Lord Krishna) and Rukmini (the first Queen of Lord Krishna). (See also Lakshmi.)

Śhrīdhara: One Who carries (*Dhara*) Shri Devi in His bosom; Name of Lord

Vishnu. (See also Shripati.)

Śhrīmān: One Who possesses all the glories of Shri, such as power, virtue and beauty; Name of Lord Vishnu.

Śhrīnivāsa: 1. One Who dwells (*Nivasa*) in the purified hearts of those who are endowed with devotion to Shri. 2. The Abode (*Nivasa*) of Shri or Lakshmi; Name of Lord Vishnu.

Śhrīpati: Name of Lord (*Pati*) Vishnu as the Consort of Goddess Lakshmi (*Shri*). When the churning of the milky ocean by gods and demons took place, Lakshmi Devi arose from it and chose Lord Vishnu as Her beloved Husband from among those present. Mother Lakshmi is His Supreme Shakti or Energy.

Śhyāma: One Who has a black or dark-blue complexion; Name of Lord Krishna.

Sītā: (Also Siyā) Lit. Furrow, track or line of a ploughshare; Name assumed by Goddess Lakshmi in Her incarnation as the Princess of Mithila, capital of Videha. She was named Sita because She sprang from a furrow made by King Janaka while ploughing the ground to prepare it for a sacrifice. She was the chaste Consort of Lord Rama and is the ideal of purity for all women.

Subrahmaṇya: Name of Lord Karttikeya, the Son of Lord Shiva and Mother Parvati. (See also Karttikeya and Sharavanabhava.)

Tribhuvana-tāriṇī: 1. One Who saves (*Tarini*) the three worlds (*Tribhuvana*). 2. One Who enables us to cross (*Tarini*) the three worlds; Name of the Divine Mother. (See also Durga.)

Tripurāri: The Enemy (*Ari*) of the demon Tripura. 1. As Lord Shiva killed Tripura, He is called Tripurari. 2. Name of Lord Shiva Who destroyed with a single arrow the three flying cities (*Tri-puras*) of demons which were built of gold, silver and iron by Maya. These three citadels may be interpreted as the three states of waking, dream and deep sleep, the three bondages of ignorance, desire and action, the three Gunas or constituents of nature (*Tamas, Rajas and Sattva*), or the three bodies (gross, subtle and causal). Lord Shiva has control over all those groups of three and is beyond them.

Umāpati: The Lord (*Pati*) of Goddess Parvati (*Uma*); Name of Lord Shiva.

Vāsudeva: The Son of Vasudeva; Name of Lord Krishna Who was born as a prince to Vasudeva and mother Devaki. He is also known as Nandalala,

the Son of Nanda, because He was brought up in the countryside as a cowherd boy by Nanda and mother Yashoda.

Veṅkaṭeśha: Lord (*Isha*) of Venkata, a very sacred hill about 80 miles from Chennai on the summit of which there is a celebrated temple dedicated to Lord Vishnu. He is also known there as *Balaji* and Tirupati (*Shripati*) and is worshipped by thousands of pilgrims every day.

Viṣhṇu: One Who pervades everything; Name of the Lord that refers to His immanence in the world in spite of His transcendence.

Viṭṭhala: Lord Vithoba (Vishnu). It is said that Lord Krishna once arrived at His devotee Pundalik's house, but Pundalik was too busy serving his aged parents to receive Him. So the Lord stood at the doorstep, on a brick, with arms akimbo, waiting for Pundalik to finish his duties. The Lord remains there still, as Vitthala. Standing on a brick, He waits for His devotees. (See also Panduranga.)

OM



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Maṅgalaṃ Me Astu
Sarveṣhāṃ Maṅgalaṃ Bhavatu
Oṃ Sadguru Bhagavana Ki Jay!

May auspiciousness be unto our Gurus!
May auspiciousness be unto me as well!
May auspiciousness be unto all!
Om! Glory to the Sat Guru who is the Lord Himself!

HARI OM TAT SAT

Blessed indeed are those who sing God's name, for they will be freed from the wheel of birth and death and will attain immortality

—Sri Swami Sivananda

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